

THE PROCESS FEAR

RECOVERED

Y	Why so I have the fear	Which part of self has failed?				Which of the basic instincts do these fears affect?							What are my defects of character?				
Name, People, Institutions or principles or anything as to your fear	Why am I afraid?	Self Reliance	Self Confidence	Self Discipline		Self Esteem	Pride	Emotional Security	Financial	Ambitions	Personal Relations	Sex Relations	Selfish	Dishonest	Self Seeking	Frightened	Inconsiderate
Rejection	I want to be accepted by others	Y	Y			Y	Y	Y			Y			Y	Y	Y	
Loneliness	I wanted to be popular and liked by people	Y	Y			Y	Y	Y			Y		Y	Y		Y	
Failure	Because I am scared of not being good enough	Y	Y	Y		Y	Y	Y			Y		Y			Y	
Disapproval	Want to be liked and thought of well	Y	Y			Y	Y	Y			Y		Y	Y		Y	
Poverty	Being poor, not having enough	Y	Y	Y		Y	Y	Y	Y				Y			Y	Y
Financial	Not being able to make more	Y	Y	Y		Y	Y	Y	Y	Y				Y		Y	
Procrastination	Because I don't think I know stuff and I'm not good enough	Y	Y	Y		Y	Y	Y	Y	Y			Y			Y	

We look at the fear and ask for it to be removed. If you are religious or spiritual you ask whatever you believe in to help remove the fear.

If we are an atheist or a non-believer – we go to a trusted friend and discuss the fear and reveal that it is stopping us from growing to the person we want to be. We ask for guidance from within as we are now on a conscious level of understanding and we have the ability to now see the truth.