

# THE PROCESS FEARS PROMPT SHEET

RECOVERED

| Fear of:        | ✓ | Fear of:         | ✓ | Fear of:       | ✓ | Add Additional Fears | ✓ |
|-----------------|---|------------------|---|----------------|---|----------------------|---|
| God             |   | Success          |   | Parents        |   | Clean                |   |
| Dying           |   | Losing a wife    |   | Responsibility |   | Confrontation        |   |
| Insanity        |   | Losing a husband |   | Physical pain  |   | Sobriety             |   |
| Insecurity      |   | Losing a Child   |   | Fear           |   | Hospitals            |   |
| Rejection       | Y | Animals          |   | Drowning       |   | Feelings             |   |
| Loneliness      | Y | Insects          |   | Men            |   | Getting old          |   |
| Diseases        |   | Police           |   | Women          |   | Hurting others       |   |
| Alcohol         |   | Jail             |   | Being alone    |   | Violence             |   |
| Drugs           |   | Doctors          |   | People         |   | Writing an?          |   |
| Relapse         |   | Stealing         |   | Crying         |   | Being alive          |   |
| Sex             |   | Creditors        |   | Poverty        | Y | Government           |   |
| Sin             |   | Debtors          |   | Races          |   | Gangs                |   |
| Self Expression |   | Being found out  |   | The unknown    |   | Gossip               |   |
| Authority       |   | Homosexual       |   | Abandonment    |   | Wealthy people       |   |
| Heights         |   | Lesbians         |   | Intimacy       |   | Guns                 |   |
| Unemployment    |   | Failure          | Y | Disapproval    | Y | Cheque               |   |
| Employment      |   | Transgender      |   | Anger          |   | Being Sober          |   |

✓ Tick the ones that apply to you. Be honest