

THE PROCESS | FEARS PROMPT SHEET

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		Animals		Drowning		Feelings		
Loneliness		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		Government		
Sin		Debtors		Races		Gangs		
Self Expression		Being found out		The unknown		Gossip		
Authority		Homosexual		Abandonment		Wealthy people		
Heights		Lesbians		Intimacy		Guns		
Unemployment		Failure		Disapproval		Cheque		
Employment		Transgender		Anger		Being Sober		

✓ Tick the ones that apply to you. Be honest