



Type 1 - EXAMPLE FEAR FORM



Fear	What I Do In Response	How What I Do Makes Me Feel	How What I Do Affects Others	What Would GOD Have Me Be
Fear of being wrong	I overanalyze, criticize myself and others, and become argumentative.	I feel anxious, tense, and self-righteous.	Others feel judged, criticized, and defensive.	Trusting that I can learn from mistakes without shame.
Fear of failure	I overwork, become perfectionistic, and avoid risks.	I feel stressed, burned out, and resentful.	Others feel pressured, controlled, and inadequate.	Letting go and trusting that failure is part of growth.
Fear of losing control	I micromanage, become rigid, and suppress emotions.	I feel overwhelmed, tense, and resentful.	Others feel stifled, undermined, and distrusted.	Trusting that God is in control, not me.
Fear of being judged	I avoid vulnerability, seek approval, and become defensive.	I feel hurt, anxious, and misunderstood.	Others feel disconnected, frustrated, and unable to connect.	Open and accepting OFfeedback.
Fear of imperfection	I become rigid, self-critical, and set unattainable standards.	I feel frustrated, resentful, and burdened.	Others feel they can't live up to my standards, pressured, and controlled.	Embracing my humanity and imperfection.
Fear of being inadequate	I push myself too hard, overwork, and doubt my abilities.	I feel stressed, burned out, and inadequate.	Others feel pressured to perform and pressured to meet my standards.	Confident in my inherent worth and enough-ness.
Fear of chaos	I create rigid rules, become controlling, and avoid spontaneity.	I feel overwhelmed, tense, and rigid.	Others feel stifled, controlled, and unable to be themselves.	Trusting in God's plan even in uncertainty.
Fear of being irrelevant	I constantly improve, become overly driven, and criticize others.	I feel trapped, pressured, and unfulfilled.	Others feel pressured, "fixed", and inadequate.	Secure in my value, even without constant achievement.
Fear of moral failure	I become overly responsible, judgmental, and suppress emotions.	I feel burdened, righteous, and isolated.	Others feel judged, pressured, and alienated.	Trusting that I can live with integrity without fear.