



Type 2 – 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 unloved	I overextend myself, manipulate, and become overly helpful to gain love.	I feel burned out, resentful, and undervalued.	Others feel pressured, smothered, and manipulated.	Trusting that I'm loved for who I am, not what I do.
Fear of rejection	I avoid expressing my needs, become passive-aggressive, and act overly agreeable.	I feel resentful, misunderstood, and unappreciated.	Others feel confused, don't understand my needs, and disconnected.	Honest and open about my needs and feelings.
Fear of abandonment	I become clingy, overly accommodating, and manipulate to maintain relationships.	I feel insecure, dependent, and anxious.	Others feel I'm overly dependent, smothered, and controlled.	Secure in myself and my relationships.
Fear of failure	I become controlling, overbearing, and put pressure on myself and others.	I feel stressed, overwhelmed, and pressured.	Others feel controlled, pressured, and inadequate.	Trusting that mistakes are opportunities for growth.
Fear of being unnecessary	I constantly give, manipulate to be needed, and ignore my own needs.	I feel insecure, empty, and resentful.	Others feel overwhelmed, manipulated, and burdened.	Trusting that I have worth beyond what I do.
Fear of conflict	I avoid addressing issues, suppress emotions, and become passive-aggressive.	I feel resentful, disconnected, and misunderstood.	Others feel disconnected, confused, and frustrated.	Brave and kind in addressing conflicts.
Fear of being criticized	I become hypersensitive to feedback, manipulate to avoid criticism, and become defensive.	I feel hurt, anxious, and misunderstood.	Others feel they must walk on eggshells, frustrated, and unable to connect.	Trusting that my worth isn't tied to others' opinions.
Fear of loneliness	I become overly dependent, manipulate to maintain relationships, and ignore my own needs.	I feel isolated, empty, and anxious.	Others feel I'm overly dependent, smothered, and burdened.	Trusting that I'm whole and loved even when alone.
Fear of losing control	I micromanage relationships, manipulate to control perceptions, and become overly helpful.	I feel anxious, stressed, and resentful.	Others may feel controlled, manipulated, and distrusted.	Trusting in God to guide me and letting go of control.