



Type 3 – 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 failure	I overwork, avoid risks, and manipulate situations to ensure success.	I feel anxious, pressured, and driven.	Others feel I'm unavailable, overly focused on work, and competitive.	Trusting that failure is a learning opportunity, not a measure of my worth.
Fear of being unimportant	I seek constant validation, exaggerate achievements, and manipulate perceptions.	I feel anxious, insecure, and dependent on external validation.	Others feel disconnected from my true self, and that I am inauthentic.	Trusting that my value comes from God, not others' opinions.
Fear of being inadequate	I push myself to excel, become perfectionistic, and manipulate situations.	I feel pressured, stressed, and driven.	Others feel I'm overly competitive, critical, and demanding.	Confident in my worth, regardless of achievements.
Fear of rejection	I overcommit, manipulate relationships, and avoid vulnerability.	I feel insecure, anxious, and emotionally unavailable.	Others feel I'm not emotionally available, distant, and inauthentic.	Secure in my relationships without needing to perform.
Fear of vulnerability	I avoid sharing my true feelings, manipulate my image, and suppress emotions.	I feel distant, inauthentic, and emotionally repressed.	Others feel distant, unable to connect, and that I'm inauthentic.	Open and honest about my emotions.
Fear of insignificance	I constantly push myself, manipulate situations, and seek recognition.	I feel burned out, stressed, and driven.	Others feel pressured to keep up, and that I am overly ambitious.	Resting in the knowledge that I'm enough as I am.
Fear of criticism	I avoid feedback, strive for perfection, and manipulate to avoid criticism.	I feel defensive, anxious, and pressured.	Others feel they can't be honest, and that I am defensive.	Accepting feedback as an opportunity for growth.
Fear of being ordinary	I overextend myself, manipulate my image, and seek constant attention.	I feel anxious, insecure, and driven.	Others feel I'm overly focused on appearance, and inauthentic.	Secure in my uniqueness without needing to prove it.
Fear of losing control	I micromanage my image and behavior, manipulate situations, and suppress emotions.	I feel stressed, inauthentic, and emotionally repressed.	Others feel I'm inauthentic, controlling, and distant.	Trusting in God's plan and letting go of control.