



Type 4 – 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 ordinary	I overemphasize my uniqueness.	I feel isolated.	Others feel disconnected from me.	Trusting that I am enough as I am.
Fear of rejection	I hide parts of myself.	I have superficial connections.	Others feel they can't truly know me.	Open and vulnerable in relationships.
Fear of being misunderstood	I feel defensive and overly sensitive.	I feel defensive and overly sensitive.	Others feel unsure of how to approach me.	Confident in expressing my emotions without fear.
Fear of failure	I avoid taking risks or trying new things.	I avoid taking risks or trying new things.	Others feel I'm stuck or unwilling to grow.	Willing to fail and grow from the experience.
Fear of being insignificant	I constantly compare myself to others.	I feel anxious.	Others feel I'm overly focused on myself.	Secure in knowing my value is inherent.
Fear of being too much	I suppress my feelings.	I have inner turmoil.	Others feel confused about what I need.	Expressing emotions freely and trusting in God's acceptance.
Fear of not belonging	I isolate or create conflict to avoid vulnerability.	I feel more isolated.	Others feel pushed away or misunderstood.	Secure in my worth and connection to God.
Fear of loss	I cling to relationships or ideas that no longer serve me.	I feel smothered and unable to grow.	Others feel smothered or unable to grow.	Trusting God to provide what I truly need.
Fear of inadequacy	I overwork or avoid situations where I might fall short.	I feel distant and overly focused on performance.	Others feel I'm distant or overly focused on performance.	Confident in my value beyond achievements.