



## Type 5 – 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 overwhelmed	I avoid connection, isolate myself, and withdraw from demands.	I feel detached, safe, and depleted.	Others feel rejected, unimportant, and dismissed.	Trusting that I can engage without losing myself.
Fear of being inadequate	I avoid challenges, research excessively, and withhold participation.	I feel safe, knowledgeable, and insecure.	Others feel I'm disengaged, unhelpful, and distant.	Confident in learning and growing through experiences.
Fear of depletion	I withhold my time and emotions, conserve energy, and detach.	I feel protected, drained, and isolated.	Others feel disconnected, unsupported, and neglected.	Generous with my time and presence when guided by God.
Fear of dependency	I refuse help, struggle alone, and maintain independence.	I feel self-sufficient, isolated, and burdened.	Others feel shut out, unable to support me, and frustrated.	Open to interdependence and mutual support.
Fear of vulnerability	I suppress feelings, detach, and avoid emotional intimacy.	I feel controlled, detached, and emotionally distant.	Others feel I'm cold, unapproachable, and distant.	Open and trusting in my emotional expression.
Fear of failure	I avoid risks, stay in my comfort zone, and over analyze.	I feel safe, stagnant, and anxious.	Others may see me as disengaged, uninvolved, and passive.	Brave in stepping out of my comfort zone with faith in God.
Fear of intrusion	I withdraw, avoid deeper relationships, and set up boundaries.	I feel protected, isolated, and detached.	Others feel neglected, unimportant, and distanced.	Present and engaged without fear of depletion.
Fear of emotional demands	I dismiss or avoid emotionally charged situations, and detach.	I feel controlled, detached, and emotionally drained.	Others feel unsupported, judged, and dismissed.	Compassionate and empathetic, trusting in God's guidance.
Fear of losing control	I resist change, cling to routines, and detach from emotional situations.	I feel safe, rigid, and isolated.	Others feel stifled, disconnected, and dismissed.	Open to God's plan, trusting in the unknown.