



Type 6 – 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 procrastinate, over-prepare, and seek constant reassurance to avoid mistakes.	I feel anxious, indecisive, and insecure.	Others feel frustrated, burdened, and slowed down by my hesitation.	Willing to take risks and learn from mistakes.
Fear of abandonment	I become clingy, overly dependent, and test relationships to ensure loyalty.	I feel anxious, insecure, and dependent.	Others feel pressured, smothered, and distrusted.	Secure in myself and my relationships.
Fear of betrayal	I avoid vulnerability, become suspicious, and test others' loyalty.	I feel distant, guarded, and anxious.	Others feel mistrusted, unsupported, and distanced.	Trusting in healthy connections while setting boundaries.
Fear of authority figures	I resist guidance, question authority, and become rebellious or overly compliant.	I feel tense, distrustful, and anxious.	Others feel I'm uncooperative, overly critical, or unpredictable.	Open to respectful guidance and collaboration.
Fear of uncertainty	I overanalyze, seek constant reassurance, and struggle with decision-making.	I feel paralyzed, indecisive, and anxious.	Others feel confused, frustrated, and slowed down by my hesitation.	Trusting in God's plan and taking action despite uncertainty.
Fear of being unsupported	I seek constant reassurance, test others' loyalty, and become overly dependent.	I feel insecure, anxious, and dependent.	Others feel burdened, overwhelmed, and pressured.	Trusting in God's support and self-reliance.
Fear of conflict	I avoid addressing issues, suppress emotions, and become passive-aggressive.	I feel resentful, disconnected, and anxious.	Others feel disconnected, frustrated, and confused.	Trusting God to guide me in addressing conflicts honestly.
Fear of being judged	I second-guess myself, seek constant approval, and become defensive.	I feel indecisive, insecure, and anxious.	Others feel uncertain about my reliability, and that I am defensive.	Trusting God's validation over others' opinions.
Fear of being alone	I cling to unhealthy relationships, seek constant reassurance, and avoid independence.	I feel dependent, anxious, and insecure.	Others feel pressured to constantly reassure me, and smothered.	Secure in my connection with God and myself.