



Type 7 – 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 trapped	I avoid commitment, jump between activities, and overschedule myself.	I feel restless, scattered, and anxious.	Others feel I'm unreliable, flaky, and unavailable.	Present and committed, trusting in God's guidance.
Fear of missing out	I seek constant stimulation, avoid difficult emotions, and overindulge.	I feel anxious, scattered, and unfulfilled.	Others feel I'm distracted, impulsive, and unreliable.	Content in the present, trusting God's timing.
Fear of pain	I avoid difficult emotions, rationalize problems, and seek distractions.	I feel anxious, shallow, and unfulfilled.	Others feel I'm dismissive, insensitive, and unavailable.	Brave in facing challenges, trusting in God's comfort.
Fear of boredom	I seek constant novelty, avoid routine, and overcommit myself.	I feel restless, scattered, and unfulfilled.	Others feel I'm unreliable, flaky, and distracted.	Content in the present, finding joy in simplicity.
Fear of limitation	I avoid boundaries, overextend myself, and resist structure.	I feel anxious, overwhelmed, and scattered.	Others feel I'm unreliable, irresponsible, and unavailable.	Responsible and focused, trusting in God's provision.
Fear of emotional discomfort	I avoid difficult conversations, rationalize problems, and seek distractions.	I feel anxious, shallow, and avoidant.	Others feel I'm dismissive, insensitive, and unavailable.	Brave in facing challenges, trusting in God's comfort.
Fear of being ordinary	I seek constant novelty, exaggerate experiences, and avoid routine.	I feel restless, unfulfilled, and anxious.	Others feel I'm inauthentic, unreliable, and distracted.	Content in my unique journey, trusting in God's plan.
Fear of responsibility	I avoid commitments, delegate tasks, and minimize problems.	I feel irresponsible, anxious, and overwhelmed.	Others feel I'm unreliable, irresponsible, and unavailable.	Responsible and focused, trusting in God's provision.
Fear of negative emotions	I avoid sadness, anger, and grief, and rationalize problems.	I feel shallow, disconnected, and anxious.	Others feel I'm dismissive, insensitive, and unavailable.	Brave in facing all emotions, trusting in God's comfort.