



## Type 9 - 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 conflict	I avoid discussing issues or disagreements and minimize problems.	I feel passive, disconnected, and unresolved.	Others feel frustrated by my silence.	Honest and kind in addressing conflicts, trusting God.
Fear of disconnection	I go along with others' wishes to maintain harmony, suppressing my own needs.	I feel unfulfilled and resentful, while my needs remain unmet.	Others feel I'm disengaged and unauthentic.	Open and authentic, trusting God to sustain my connections.
Fear of rejection	I don't assert my opinions or desires to avoid disapproval, and I merge with others.	I feel ignored and disconnected, leading to self-doubt.	Others feel I'm holding back my true self.	Confident in God's love, embracing my true self.
Fear of losing harmony	I avoid making decisions or expressing disagreements, and I procrastinate.	I feel passive and unable to influence outcomes.	Others may feel burdened by my inaction.	Confident and decisive, trusting in God's guidance.
Fear of responsibility	I procrastinate or avoid tasks to stay in my comfort zone, and I numb myself.	I feel stuck, stagnant, and overwhelmed.	Others feel unsupported or burdened by my inaction.	Trusting God to give me strength to face challenges.
Fear of assertiveness	I struggle to voice my needs and desires, and I downplay my importance.	I feel unimportant and taken for granted.	Others feel disconnected from my true self.	Honest and open, trusting God to guide my words.
Fear of change	I resist making changes or taking new actions, and I maintain routines.	I feel stagnant and resistant to growth.	Others may feel held back or unsupported.	Trusting God's plan and embracing growth opportunities.
Fear of confrontation	I let issues build up rather than addressing them, and I use passive aggression.	I experience passive-aggressive feelings and unresolved tension.	Others feel confused and frustrated.	Calm and open, trusting God to help me resolve conflict.
Fear of rejection	I hold back my opinions and feelings to avoid rejection, and I minimize myself.	I feel disconnected from myself and others.	Others feel disconnected from me as well.	Trusting God's acceptance and sharing authentically.