| **Fears Inventory** |  |
| --- | --- |
| Who/What | The Cause | My Response | The Nature of My Response | What I Value (Possible Idol) |  |
| **I am fearful toward:** | **The cause of my fear:** | **How I responded:** | **My response was:** | **My response valued:** |  |
|     |     |      |    |    |  |
| Examples: being alone, failure, rejection, my boss, etc. (be specific). | What happened? Why am I afraid? | Describe actions you took, choices you made in response to the cause, and your feelings at that time (be specific). | Examples: selfish, prideful, fearful, vengeful, self-protective, dishonest, inconsiderate, angry, etc. | What was your response protecting? Was an expectation not met? What desire, dream, or hope was lost/threatened? | **Notes/comments** |
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