



THE 3 BASIC ROOTS OF FEAR

Deconstructing Anxiety Model



FEAR OF LOSS OF CONTROL

These fears originate with feeling something is outside of personal control. These fears occur from either perceived or actual events, feelings, and threats .



FEAR OF ABANDONMENT

These fears originate from an intense fear of the loss of significant relationships, loss of people, or being left. Abandonment, or being left, can be an intentional or unintentional occurrence.



FEAR OF DIMINISHED REPUTATION

These fears originate from a concern about how others may think about you. Even though you may try to “mask” parts of yourself, you may fear others see what you had hoped to hide.

After you identify the origin of the fear, you can take next steps to resolve it. For example, in addressing a fear of loss of control, you can take one small action step in an area where you do have control. With a fear of abandonment, you can reach out to a loved one. To address a fear related to reputation, you can voice your intentions so that others are not in the position to assume things about your actions. These steps help you cope with common fear roots.

3 Questions to Ask yourself

WHY IS THAT
UPSETTING TO YOU?

WHAT ARE YOU AFRAID
WILL HAPPEN NEXT?

WHAT ARE YOU AFRAID
YOU WILL MISS OR LOSE?

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REFERENCE:

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