

Fear Inventory Prompts

Fear of leaving treatment facility
Fear of finding a sponsor
Fear of calling/not calling sponsor
Fear of losing a sponsor
Fear of missing/going to a meeting
Fear of working the 12 steps
Fear of trusting others
Fear of being sued
Fear of public speaking
Fear of trusting myself
Fear of insanity
Fear of relapse
Fear alcohol
Fear of sobriety
Fear of drugs
Fear of a Higher Power/God
Fear of loneliness
Fear of relying on Higher Power/God
Fear of employment
Fear of prayer
Fear of unemployment
Fear of being accountable
Fear of others dying

Fear of being late
Fear of success
Fear of being honest
Fear of failure
Fear of being dishonest
Fear of authority
Fear of being thorough
Fear of police
Fear of omitting facts
Fear of incarceration
Fear of being inconsistent
Fear of fear
Fear of obsessive thinking
Fear of people
Fear of hurting others
Fear of divorce
Fear of hurting myself
Fear of losing a child
Fear of loving others
Fear of losing custody battle
Fear of loving myself
Fear of intimacy

