

Types of Fears and/or Fear of:

Abandonment	Failure	Military
Acceptance	Fighting	Meaninglessness
Alcohol	Financial problems	Myself
Authority	Fragmentation	No identity
Fear of Being:	The future	Old age
bad	God	Pain
corrupt	Government	The past
evil	Guidance	People (shyness)
defective	Honesty	Phobias
Being: controlled by others	Hurting others	Possessiveness
Being deprived	Ignorance	Poverty
Being foolish	Incarceration (captivity; imprisoned)	Public speaking
Being harmed	Incompetence	Punishment
Being incapable	Injury	Other Races
Being worthless	Insecurity	Rejection
Being unloved	Insignificance	Relationships
Being useless	Intimacy	Responsibility
Being myself	Invasion of boundaries	Ridicule
Change	Isolation	Self-expression
Communication	Knowledge	Selfishness
Conflict	Lack	Separation
Death/Dying	Limitation	Sex & Sexuality
Declining health	Loneliness	Shyness
Defeat	Looking stupid	Stupid (being)
Diminishment	Loss	Success
Disease	Loss of connection	Support
Doing wrong	Love	The truth
Duty	Material loss	The unknown
Exposure		Vulnerability