



## **Core Fears that get Triggered in Adult Relationships**

**Which of these have you felt in your primary love relationship?**

**Place your answer here:**

1. **Fear of being abandoned:** You fear your partner might leave. You feel that your partner doesn't need you as much as you need him or her.
2. **Fear of being unimportant or invisible:** You fear you are not as important to your partner as other things or people, or that you don't really matter.
3. **Fear of being rejected:** You have trouble feeling accepted or valued just the way you are. You fear that you, or your needs, will be rejected.
4. **Fear of being inadequate or a failure:** Complaints or criticisms trigger fears that you are not good enough, that you are inadequate or unlovable.
5. **Fear of being blamed:** You fear being seen as wrong or as the cause of relationship upsets, so you either defend yourself or shut down in the face of negative feedback.
6. **Fear of being controlled:** You fear feeling weak or vulnerable. You instinctively try to be in charge or control of any situation.
7. **Fear of being trapped or suffocated:** You fear intrusion, losing yourself, or being consumed by others. You become uncomfortable with others' expectations or too much closeness.