



# The Five Fears Survey

Phase 1 – Assessing Your Fear-Driven Behaviors

## The Five Fears Survey Introduction

On the following two pages is The Five Fears Survey. This survey gives you the opportunity to get a baseline on the five fears that drive you, that drive all of us. There is no good or bad to take from this assessment. None of this is to judge – not yourself, your answers, or the outcome. It gives you insights into what motivates you at very basic levels.

Often, we think of motivation at the level of pleasure and pain. Granted, that is one lens through which to view motivation. It's not a particularly inspiring lens to view ourselves or life's opportunities. It is the lens of hedonism (pleasure vs. pain) or epicureanism (seeking pleasure and avoiding pain). This approach has an animalistic perception of life. While we are animals, we are not just animals. We are much more.

Being that we are much more, or that we can be, the lenses we will view our fears are the lens of danger and aspirations. These two lenses acknowledge that we are sentient beings and offer us the reality of choices and decisions, not just reactions. Our survival (or primitive or reptilian brain) keeps us locked into either/or options (live or die). This paradigm lends itself to the Comfort Zone quite readily. As long as we perpetuate the patterns that keep us in our Comfort Zones, we will stay in that zone.

The baselines from this survey give us the opportunity to see the truth of our Comfort Zone and specific habitual survival responses that appear as our behavior, which then make up self-concept, "our reality", and lifestyle. It also can profoundly affect our perception of ourselves as leaders.

The good news is that with this awareness, we can change our thinking and behavior patterns. With time and practice, we can change the negative patterns of our primitive brains if we have a mind to and the self-discipline and patience.

So take the survey. Answer honestly. You already have some of the tools to turn this energy of fear and danger into energy of aspirations and becoming. You must only believe in yourself (aspirational) and stop doubting (fear).

We will review this and the other material on The Five Fears That Drive Us when we next meet. Be of good cheer, hope, and faith. These are characteristics of outstanding and influential leaders.

**Directions:** There are five sections:

Section 1 Questions 1-5

Section 2 Questions 6-10

Section 3 Questions 11-15

Section 4 Questions 16-20

Section 5 Questions 21-25

### **Scoring your Five Fears Survey**

1. Mark each question from 0 (Never) to 5 (Often).
2. There will be a temptation to overthink these questions because of their nature. Keep it simple. Go with the first number that comes to mind. This is not a final examine (LOL). It is to get baselines from which to move forward and improve.
3. At the end of each section on the right is a cell to total the numbers for that section.
4. Total the numbers for each section and write the score in the appropriate cell.
5. At the bottom right of the survey is a cell for the previous five totals.
6. Total the five scores for each section and place them in the bottom right cell.

## The Five Fears Survey

Directions: Score each question with a number: 1 (Rarely), 3 (Sometimes), 5 (Often). Write your score for each number in the far right cell. Complete all 25 questions and then total your score.

Question	Never 0	Rarely 1	Sometimes 3	Often 5	Score	Set Score
1. Do you ever feel the faster you go the more behind you get?						
2. Do you ever fear that if you risk what you have to get what you want you will lose both?						
3. Do you ever fear that it is too late for you?						
4. Do you ever feel being left behind in life?						
5. Do you ever feel like you are a ping-pong ball in a hurricane?						
6. Do you ever feel like the more you try to please others they more they demand?						
7. Do you ever fear getting other people angry or upset?						
8. Do you believe you are a people pleaser?						
9. Does it ever feel like you can never give or please other people enough?						
10. Does it ever feel like you have surrounded yourself with takers?						
11. Do you ever resist starting something new because you are stuck in analysis paralysis?						
12. Do you ever feel like no matter how good you do something it is never good enough?						

13. Are you a Perfectionist?						
14. Do you ever feel stuck in black and white, either/or limited thinking?						
15. Do you ever have an inner drive or sense you must keep doing better and better no matter how well you do?						
16. Do you resist change?						
17. Do you resist learning new things or doing things in new ways?						
18. Do you ever fear the future or the unknown?						
19. Do you ever fear becoming useless and out of date?						
20. Do you ever feel that you must remain strong to hold things together otherwise things would fall apart.						
21. Do you ever feel you do not have what it takes to be successful?						
22. Do you ever feel you are unworthy or undeserving of success?						
23. Do you <b>try</b> a lot or say you will <b>try</b> rather than commit and act?						
24. Do you ever fear others will find you out and discover you are a fraud or not what you claim you are?						
25. Do you ever fear if you are successful at something that others will expect you to repeat that success and/or expect more from you?						
<b>Total Score</b>						