

Hugh Lynn Cayce's FEAR QUESTIONNAIRE

Y	N	Answer each question or statement with either "Yes" or "No."
		1. Have you ever had a severe accident?
		2. Do you feel uncomfortable in the presence of clergy, ministers, rabbis, nuns or priests?
		3. Do you remember an especially bad childhood experience involving fear?
		4. I am unable to define my goals in life.
		5. Have you ever been frightened by what you thought was a ghost?
		6. Do you frequently wake up feeling tired and unprepared for the day's activities?
		7. Have you ever been afraid of any particular race or culture of people?
		8. Were you ever punished severely in childhood?
		9. I do not believe I have freedom of choice in life.
		10. While going to sleep or being placed under anesthesia have you ever been disturbed by the fear of whether or not you were going to wake up?
		11. Would you consider yourself as being highly excitable?
		12. Would you be hesitant or afraid to wear a costume from some period in history for a "come as you were" party?
		13. Do you have fear dreams or nightmares in the present that involve you as a child?
		14. Have you abandoned or broken with your early childhood religious or spiritual upbringing?
		15. Would you be upset with the idea of having to touch a corpse?
		16. Do you talk rapidly or excessively?
		17. Have you ever been repulsed or afraid of any particular group of people, such as soldiers, beggars, crippled individuals, policemen, etc.?
		18. I recall a childhood incident when an adult or an older child horribly frightened me.
		19. Do you feel guilty for not living up to what God expects of you?
		20. Do you believe in a heaven and hell?

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Y	N	Answer each question or statement with either "Yes" or "No."
		21. Do you have periods of utter exhaustion?
		22. When you enter a museum, is there a particular culture that you especially want to visit?
		23. Is there any period in your childhood about which you have no memory?
		24. Do you frequently think that God has given up on humankind?
		25. Do you believe that death is the end of everything?
		26. Have your sexual drives ever tended toward feelings or indications of violence?
		27. Are you afraid of any particular animal or insect?
		28. When you were a child, do you remember ever being severely frightened by a dog, horse, or other animal?
		29. I believe that God requires certain things of us.
		30. Have you ever worried about what happened to someone close to you who died?
		31. I dislike my physical body.
		32. Do you have a fear of primitive cultures?
		33. As a child, did you ever wake up screaming?
		34. Would you like an experience in nature in which you felt that you were brought closer to the Creator?
		35. Do you worry about losing someone close to you through death?
		36. Are you aware of any irregularity of the functioning of your thyroid gland?
		37. Do you have an abhorrence or fear of any weapons such as guns, knives, clubs, etc.?
		38. As a child did you ever think that you were adopted or worry because you really were adopted?
		39. Do you believe that prayers only have a psychological effect?
		40. Have you ever felt responsible for the death of another person?

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Y	N	Answer each question or statement with either "Yes" or "No."
		41. I have headaches fairly regularly.
		42. Have you ever deliberately avoided books, plays, or movies about any particular country or class of people?
		43. Were you ever lost as a child?
		44. Have you ever believed that God was literally a man with whiskers?
		45. Do you have a fear of graveyards, funeral parlors, undertakers, etc.?
		46. Have you ever had a pain or a soreness in your spine that lasted more than a few days or weeks?
		47. As a child, were you ever afraid of someone that you knew?
		48. When I was young, I was often shy around adults or other children.
		49. Do you believe that God is an impersonal energy?
		50. Would it frighten you to communicate with a dead person?
		51. Are you afraid of losing control of your emotions?
		52. Do you have a fear of confinement in places like hospitals, jails, mental institutions?
		53. Did you have an unhappy childhood?
		54. Do you believe that you have been "saved," in the sense of being "born again" with a personal relationship with Jesus?
		55. Have you ever watched a person die?
		56. Are you afraid of "giving in" to a forbidden impulse?
		57. Do you fear or shy away from very poor people or very wealthy people?
		58. When you were between the ages of 6 and 20, do you remember any child that you hated?
		59. I believe that Jesus was just a highly evolved soul.
		60. I feel that I am unprepared to die.

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Scoring: Circle the numbers below that you answered with a "Yes," and tabulate the totals in each row:

A = _____	1	6	11	16	21	26	31	36	41	46	51	56
B = _____	2	7	12	17	22	27	32	37	42	47	52	57
C = _____	3	8	13	18	23	28	33	38	43	48	53	58
D = _____	4	9	14	19	24	29	34	39	44	49	54	59
E = _____	5	10	15	20	25	30	35	40	45	50	55	60

KEY:

A = Possible fears due to a physical situation or problem

B = Possible fears due to a past-life experience

C = Possible fears repressed from childhood

D = Possible fears of religion or God

E = Possible fears of death or the unknown