

15 QUESTIONS TO IDENTIFY YOUR FEARS

1. What do you absolutely HATE doing and how does it make you feel?

Do you hate it because it triggers a deeper fear within you? What fear?

2. What causes you anxiety?

What triggers your anxiety or what makes you nervous?

3. What are some of your biggest, most obvious fears?

What deeper fear is this obvious fear based in?

Can you think back to a childhood event that created this fear?

4. Is there something in your life that you really want to do or try, or a certain passion or dream you have, but aren't doing because you're scared?

What is it and what are you scared of?

5. Have you avoided certain jobs, people, places, situations, conversations or experiences out of a fear of something?

What was it and what was the fear?

Is there a deeper fear it's based in?

6. What types of topics make you uncomfortable to talk about?

Why? Is it based in a fear?

7. Are you currently in an unhappy, unhealthy, or dysfunctional relationship that you are scared of getting out of?

Why? What are you scared of?

Whatever your fear is, can you go deeper and see if it's based in a deeper fear?

8. Are you currently in a job that you're scared to leave?

Why? What is the fear?

What deeper fear is it based in?

9. Do you fear the truth?

Are you afraid of hearing the truth? Why?

10. How do you feel around authority figures?

Scared, nervous, shy, uncomfortable, etc.

What deeper fear is this based in?

11. Are you afraid of what other people think of you?

What about it scares you most?

12. Does uncertainty and “not knowing” scare you or make you feel uncomfortable?

What about it scares you?

13. How do you feel about change?

Does it scare you? What about it scares you?

14. Are you comfortable with being vulnerable?

If no, why not? Can you pinpoint a deeper fear?

15. Do you enjoy being alone?

If no, why not and what deeper fear is it based in?