

Fear Inventory

Imagine your childhood, the environment you grew up in, feelings that you remember having as a child, and answer these simple questions. Try to be open to your emotions as you read and answer them.

1. What did you fear as a child?
2. Did you fear you were going to be left alone?
3. Were you afraid you were going to get hit?
4. Were you afraid your mom or dad did not love you?
5. What did you do when you were fearful as a child?
6. Did you go to your room and cry?
7. Did you get angry instead?
8. Did you hide in a closet?
9. Did you ask a brother or a sister to come and be with you?
10. Did other people know that you were afraid?
11. Do you think your mom knew?
12. Do you think your sister, or your grandparents possibly knew?
13. How did you express this fear?
14. Did you wet the bed?
15. Did you mask your fear with anger?
16. How is that pattern similar in your adulthood?
17. Do you still go off by yourself when afraid?
18. Do you still get angry instead?
19. Are you sharing your fears with someone, or are you still pretending you're not afraid?