

# REVIEW OF FEARS

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<b>WHO OR WHAT DO I FEAR:</b>	<b>THE CAUSE:</b>	<b>AFFECTS MY:</b>
I list people, institutions or principles that I fear	What are they going to do to me? Am I perhaps going to jail? Am I going to lose something with material value? Am I going to lose face? Will it result in divorce? Will it destroy a personal relationship? Might I lose my job?	On my 'fears' list I set opposite each name the part of self which is affected. Was it my self-esteem, my security, my ambitions, my personal or sex relations that have been threatened?