

FEAR INVENTORY PROMPT SHEET

Here is a list of fears that may be helpful in your Fear Inventory. Feel free to add to this list if you need to.

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| Fear Of Abandonment | Fear Of Not Being In Control |
| Fear Of Acceptance | Fear Of Not Having Sex |
| Fear Of Anger | Fear Of Not Having Enough \$ |
| Fear Of Animals | Fear Of Not Having A Job |
| Fear Of Authority | Fear Of Parents |
| Fear Of Being Alone | Fear Of People |
| Fear Of Being Found Out | Fear Of Physical Pain |
| Fear Of Being In A Relationship | Fear Of Police |
| Fear Of Change | Fear Of Public Speaking |
| Fear Of Confrontation | Fear Of Other Races |
| Fear Of Creditors | Fear Of Rejection |
| Fear Of Crying | Fear Of Relapse |
| Fear Of Disapproval | Fear Of Religion |
| Fear Of Disease's | Fear Of Responsibility |
| Fear Of Doctors | Fear Of Sex |
| Fear Of Drowning | Fear Of Sin |
| Fear Of Dying | Fear Of Sobriety |
| Fear Of Failure | Fear Of Stealing |
| Fear Of Fear | Fear Of Success |
| Fear Of Feelings | Fear Of The Truth |
| Fear Of Gangs | Fear Of The Unknown |
| Fear Of Gays | Fear Of Violence |
| Fear Of Getting Old | Fear Of Wealth |
| Fear Of God | Fear Of Women |
| Fear Of Gossip | Fear Of Working |
| Fear Of Government | Fear Of Writing Inventory |
| Fear Of Guns | Fear That There Is No God |
| Fear Of Having Children | |
| Fear Of Having No Children | |
| Fear Of Heights | |
| Fear Of Hospitals | |
| Fear Of Hurting Others | |
| Fear Of Insanity | |
| Fear Of Insects | |
| Fear Of Insecurity | |
| Fear Of Intimacy | |
| Fear Of Jail | |
| Fear Of Lies | |
| Fear Of Living | |
| Fear Of Loneliness | |
| Fear Of Losing A Child | |
| Fear Of Losing A Spouse | |
| Fear Of Losing A Parent | |
| Fear Of Love | |
| Fear Of Making Amends | |
| Fear Of Men | |
| Fear Of Not Being In A Relationship | |