

Who's Afraid of . . . ?

So, what are you afraid of? Below is a list of fears commonly mentioned by people when asked that question. Some of them are fears you share. Some are fears you have overcome. Some are fears that you have never had to begin with! We have even given you spaces to write some fears we may have overlooked.

Look through the list. Place a *B* by five items that you consider your biggest fears. Place an *L* by five items you fear the least.

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| _____ Fear of flying | _____ Fear of public speaking |
| _____ Fear of heights | _____ Fear of the dark |
| _____ Fear of intimacy | _____ Fear of death |
| _____ Fear of failure | _____ Fear of rejection |
| _____ Fear of spiders | _____ Fear of commitment |
| _____ Fear of terrorist attacks | _____ Fear of financial collapse |
| _____ Fear of identity theft | _____ Fear of losing freedom |
| _____ Fear of the unknown | _____ Fear of pain |
| _____ Fear of dentists | _____ Fear of snakes |
| _____ Fear of dogs | _____ Fear of change |
| _____ Fear of clowns | _____ Fear of crowds |
| _____ Fear of germs | _____ Fear of abandonment |
| _____ Fear of water | _____ Fear of close spaces (claustrophobia) |
| _____ Fear of open spaces (agoraphobia) | _____ |
| _____ | _____ |
| _____ | _____ |

How do you seek to conquer your fears?

What fears have you had at one time, but have no longer?