

## FEAR INVENTORY PROMPT SHEET

Here is a list of fears that may be helpful in your fear inventory.  
Feel free to add to the lists if you need to.

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|--------------------------------|---------------------------|
| Fear Of God                    | Fear Of Drowning          |
| Fear Of Dying                  | Fear Of Men               |
| Fear Of Insanity               | Fear Of Women             |
| Fear Of Insecurity             | Fear Of Being Alone       |
| Fear Of Rejection              | Fear Of People            |
| Fear Of Loneliness             | Fear Of Crying            |
| Fear Of Disease's              | Fear Of Poverty           |
| Fear Of Alcohol                | Fear Of Races             |
| Fear Of Drugs                  | Fear Of The Unknown       |
| Fear Of Relapse                | Fear Of Abandonment       |
| Fear Of Sex                    | Fear Of Intimacy          |
| Fear Of Sin                    | Fear Of Disapproval       |
| Fear Of Self-Expression        | Fear Of Rejection         |
| Fear Of Authority              | Fear Of Confrontation     |
| Fear Of Heights                | Fear Of Sobriety          |
| Fear Of Unemployment           | Fear Of Hospitals         |
| Fear Of Employment             | Fear Of Responsibility    |
| Fear Of Parents                | Fear Of Feelings          |
| Fear Of Losing A Wife          | Fear Of Getting Old       |
| Fear Of Losing A Husband       | Fear Of Hurting Others    |
| Fear Of Losing A Child         | Fear Of Violence          |
| Fear Of Animals                | Fear Of Writing Inventory |
| Fear Of Insects                | Fear Of Being Alive       |
| Fear Of Police                 | Fear Of Government        |
| Fear Of Jail                   | Fear Of Gangs             |
| Fear Of Doctor's               | Fear Of Gossip            |
| Fear Of Stealing               | Fear Of Wealthy People    |
| Fear Of Creditors              | Fear Of Guns              |
| Fear Of Being Found Out        | Fear Of Change            |
| Fear Of Homosexuals & Lesbians |                           |
| Fear Of Failure                |                           |
| Fear Of Success                |                           |
| Fear Of Responsibility         |                           |
| Fear Of Physical Pain          |                           |
| Fear Of Fear                   |                           |