

FEAR INVENTORY PROMPT SHEET

*Here is a list of fears that may be helpful in your fear inventory.
Feel free to add to the list as you see fit*

Fear Of God	Fear Of Drowning
Fear Of Dying	Fear Of Men
Fear Of Insanity	Fear Of Women
Fear Of Intimacy	Fear Of Being Alone
Fear Of Sex	Fear Of People
Fear Of Rejection	Fear Of Crying
Fear Of Confrontation	Fear Of Poverty
Fear Of Disease(s)	Fear Of Races
Fear Of Alcohol	Fear Of The Unknown
Fear Of Drugs	Fear Of Abandonment
Fear Of Relapse	Fear Of Disapproval
Fear Of Loneliness	Fear Of Sobriety
Fear Of Sin	Fear Of Hospitals
Fear Of Self-Expression	Fear Of Feelings
Fear Of Authority	Fear Of Getting Old
Fear Of Heights	Fear Of Hurting Others
Fear Of Unemployment	Fear Of Violence
Fear Of Employment	Fear Of Writing Inventory
Fear Of Parents	Fear Of Government
Fear Of Losing A Loved One	Fear Of Gangs
Fear Of Animals	Fear Of Gossip
Fear Of Insects	Fear Of Wealthy People
Fear Of Police	Fear Of Guns
Fear Of Jail	Fear Of Change
Fear Of Doctors	Fear of being on-time
Dentists/Surgeons/ Hospitals	Fear of being late
Fear Of Stealing	Fear of Impotence
Fear Of Creditors	Fear of Sexual Dysfunction
Fear Of Being Found Out	Fear of Mistakes
Fear Of Homosexuals & Lesbians	Fear of Public Speaking
Fear Of Failure	Fear of Cancer/Heart
Fear Of Success	Attack/ Parkinsons, etc.
Fear Of Responsibility	
Fear Of Physical Pain	