

FEAR STATEMENTS - FEAR OF:

FAILURE
SUCCESS
GETTING IT WRONG
BEING TOO SLOW
BEING MADE FUN OF
PAIN
BEING OBSERVED / ASSESSED / TESTED
IF OTHERS SEE WHO I AM THEY WONT LIKE ME
PEOPLE SEEING UNDER MY MASK
MAKING DECISIONS
GETTING IN TROUBLE
PARENT / TEACHER / SPOUSE
LOOKING STUPID / DUMB
MAKING MISTAKES
NOT BEING GOOD ENOUGH
BEING RIDICULED
BEING LAUGHED AT / PEOPLE LAUGHING AT ME
PUNISHMENT
OTHERS SEEING WHO I AM
VULNERABILITY
NOT BEING PERFECT
LOSING CONTROL
MUM AND DAD FIGHTING
NOT HAVING ENOUGH / LOVE / MONEY