

Being Afraid

1. As a little child, I often was afraid that

- a. _____
- b. _____
- c. _____

2. Later on, I had these fears:

- a. _____
- b. _____
- c. _____

3. Of the fears I listed in #1 and #2, these were *rational* (they could really happen):

- a. _____
- b. _____
- c. _____

4. Of the fears I listed in #1 and #2, these were *irrational* (they were highly unlikely to happen):

- a. _____
- b. _____
- c. _____

5. My *rational* fears at the present time (real fears of real possibilities) are

- a. _____
- b. _____
- c. _____

6. My *irrational* fears at this time in my life (fears of things that probably could never happen) are

- a. _____
- b. _____
- c. _____

7. Of the fears I listed in #5 and #6, these take up the most energy:

- a. _____
- b. _____
- c. _____