

## An Inventory of Fears

Please put a check mark next to the ones you feel at times.

When I think about changing my life, at times I have a fear of...

- ☐ temptations
- ☐ change being too difficult
- ☐ having good intentions, but not the ability to succeed
- ☐ not knowing if change is really possible for me
- ☐ rejection from my current friends if I change
- ☐ rejection from my family if I change
- ☐ having to be responsible
- ☐ making commitments I might not be able to keep
- ☐ becoming someone I wouldn't like
- ☐ being too straight
- ☐ being weak
- ☐ losing my "street smart"
- ☐ not being able to relate to responsible people
- ☐ being overwhelmed by it all
- ☐ not being able to have as much fun if I change