

- WHAT DO YOU KNOW FOR SURE YOUR FEARS HAVE COST YOU?
- ARE YOU AFRAID OF HEIGHTS, ELEVATORS OR FLYING?
- DO YOU SUFFER FROM CLAUSTROPHOBIA?
- HOW WELL ARE YOU ABLE TO KEEP YOUR FEARS, CONCERNS & WORRIES INTO PERSPECTIVE?
- WHEN WAS A TIME YOU WERE TERRIFIED?
- DO YOU CONSIDER YOURSELF TIMID OR EASILY FRIGHTENED?
- WHAT KINDS OF PEOPLE DO YOU AVOID?
- ARE YOU FEARFUL OF GERMS, SICKNESS AND DISEASE?
- HOW FREQUENTLY DO YOU WORRY ABOUT SOMETHING YOU'VE DONE OR SAID?
- WHAT DO YOU DO WHEN YOU BECOME WORRIED?
- DOES WORRYING IMPACT NEGATIVELY ON YOUR RELATIONSHIPS?
- WHAT ARE SEVERAL THINGS YOU WORRY ABOUT? WHY DO YOU WORRY ABOUT THEM?
- WHAT NERVOUS BEHAVIORS, (SUCH AS DOODLING, BITING YOUR NAILS, PLAYING WITH YOUR HAIR), DO YOU HAVE?
- DO YOU EVER GET THROUGH YOUR FEARS BY WALKING RIGHT THROUGH THEM?
- ARE YOU NOW OR HAVE YOU EVER BEEN SHY?
- WHEN WAS A TIME THAT YOU WERE REALLY FRIGHTENED?
- DO YOU GET NERVOUS SWIMMING IN DEEP WATER?
- DOES PUBLIC SPEAKING TERRIFY YOU?
- WHAT DO YOU FIND HAPPENS WHEN YOU DO THE THINGS YOU FEAR?
- DO YOU DISCUSS YOUR FEARS WITH ANYONE? IF YOU DO WHO WOULD YOU SELECT?
- WHAT ARE SOME OF THE THINGS YOUR FAMILY TOLD YOU TO WATCH OUT FOR IN LIFE?
- WHAT ARE 5 THINGS THAT YOU ARE AFRAID OF? ARE YOU AFRAID TO GO OUT IN THE DARK ALONE?
- HOW SUSPICIOUS ARE YOU?
- DO YOU GET TENSE CROSSING A BRIDGE?
- ARE YOU AFRAID TO GO OUT ALONE IN THE DARK?
- WHEN YOU ARE FRIGHTENED IN A SITUATION WHAT DO YOU USUALLY DO?-RUN?; FACE IT ALONE? SEEK HELP?
- WHEN WAS A TIME YOU FELT INTIMIDATED?
- WHEN WAS A TIME THAT YOU FELT HELPLESS?
- DOES BEING IN A STRANGE PLACE FRIGHTEN YOU?
- DO YOU SPEND A LOT OF TIME AND ENERGY WORRYING ABOUT THINGS INSTEAD OF DOING SOMETHING ABOUT THEM?
- WHAT IS SOMETHING YOU KNOW YOU AVOID BUT SHOULDN'T?
- DO YOU ACCEPT YOUR FEARS NO MATTER HOW CRAZY THEY MAY SEEM?
- DO YOU EVER TAKE A DEEP BREATH BEFORE DOING SOMETHING YOU ARE FEARFUL OF? WHAT HAPPENS?
- WHAT WAS A RISK YOU FAILED TO TAKE?
- WHAT ARE YOU HIDING FROM?
- ARE YOU ABLE TO EXPERIENCE A CERTAIN AMOUNT OF INSECURITY IN YOUR LIFE WITHOUT THE FEAR THAT EVERYTHING WILL BECOME UNGLUED?
- WHEN DO YOU FEEL MOST SAFE AND SECURE?
- DO YOU EVER THINK OF YOURSELF AS HELPLESS? WHEN?
- WHEN SOMETHING DEEPLY VALUED BY YOU WAS STOLEN HOW DID YOU FEEL? HOW DID YOU REACT?
- DO YOU OFTEN FEEL INSECURE? WHEN?
- WHAT ARE THE THINGS YOU DO THAT GIVE YOU SECURITY AND STABILITY?
- WITH WHICH OF THESE DO YOU EXPERIENCE FEAR AND ANXIETY? -ACCIDENTS, AGING, AUTHORITY, COMMITMENT, CONFRONTATION, CRITICISM, DIFFICULTY, FAILURE, FUTURE, INJURY, LONELINESS, MISTAKES, PAIN, REJECTION, RESPONSIBILITY, RIDICULE, SICKNESS, SPEAKING OUT, UNKNOWN?

FEAR

BELIEFS

- DO YOU BELIEVE THAT IF YOU RECOGNIZE THE SOURCE OF YOUR FEARS THEIR POWER WILL DISAPPEAR?
- DO YOU BELIEVE THAT TAKING ACTION IS OFTEN A CURE FOR FEAR?
- DO YOU BELIEVE THAT THERE IS ANY VALUE IN TALKING ABOUT YOUR FEARS?
- DO YOU BELIEVE THAT YOU CAN HANDLE A CERTAIN AMOUNT OF UNSETTLEDNESS IN YOUR LIFE WITHOUT EVERYTHING COMING APART AT THE SEAMS?
- DO YOU BELIEVE THAT DWELLING ON AND AGONIZING OVER YOUR FEARS HELPS YOU TO BE PREPARED FOR THE WORST?
- DO YOU BELIEVE THAT THE THINGS WE SEE AS DANGEROUS AND CAUSE US FEAR DESERVE OUR CONSTANT ATTENTION?
- WHAT BENEFIT DO YOU BELIEVE YOU GET OUT OF WORRYING?

EXPERIENCES

- WHEN WAS A TIME WHEN YOU WERE AFRAID?
- WHEN WAS A TIME THAT YOUR FEAR HELPED YOU REALIZE A DANGER?
- WHEN WAS A TIME THAT YOUR FEARS PROVED TOTALLY UNWARRANTED?
- WHEN YOU ARE IN A SITUATION WHERE YOU FEEL FRIGHTENED DO YOU PREFER TO BE ALONE, WITH OTHERS, OR TO RUN?
- WHAT ARE YOU MOST AFRAID OF?
- WHAT IS SOMETHING YOU ARE VERY AFRAID OF?
- WHAT DO YOU DO WHEN YOU GET SCARED?
- HAVE YOU EVER LISTED AND ANALYZED YOUR FEARS?
- DO YOU EVER BUILD A WALL OF PROTECTION AROUND YOURSELF? UNDER WHAT CIRCUMSTANCES DO YOU TEND TO DO THIS?
- WHAT KINDS OF SITUATIONS ARE YOU MOST AFRAID OF?
- WHAT KINDS OF SITUATIONS DO YOU SEEK TO AVOID OR REFUSE TO GET INVOLVED IN?
- WHAT DO YOU FEEL WHEN YOU FEEL AFRAID?
- ARE YOU SQUEAMISH WITH ANIMALS AND INSECTS? WHICH ONES?
- ARE YOU FEARFUL ABOUT YOUR FUTURE?
- WHEN WAS A TIME WHEN YOU FELT DISCOURAGED?
- ARE YOU SUPERSTITIOUS? ABOUT WHAT?
- WOULD YOU DESCRIBE YOUR FEARS AS SITTING BESIDE YOU OR HOVERING OVER YOU?
- WHEN WAS A TIME WHEN YOU WERE SCARED OF SOMEONE AND GOT OVER IT?
- WHEN WAS A TIME THAT YOU FELT TRAPPED?
- WHAT KINDS OF PEOPLE MAKE YOU MOST NERVOUS?
- WHAT KINDS OF SITUATIONS MAKE YOU MOST NERVOUS?
- WHAT IS SOMETHING THAT IS HARD FOR YOU TO DO?
- WHAT ARE YOUR MOST FREQUENT WORRIES? HOW MIGHT YOU ELIMINATE THEM?
- WHAT IS IT ABOUT YOURSELF AND YOUR LIFE THAT YOU ARE MOST AFRAID TO BRING OUT INTO THE OPEN?
- DO YOU WORRY ABOUT HOW LOVABLE YOU ARE?
- WHAT IS SOMETHING THAT YOU DO THAT SCARES YOU?
- WHAT DO YOU CONSIDER YOUR GREATEST FEAR?
- WHAT SITUATIONS MAKE YOU ANXIOUS?
- DO YOU WORRY ABOUT HOW YOU APPEAR TO OTHERS OR WHAT THEY'LL THINK OF YOU ?
- CAN YOU ACKNOWLEDGE YOUR FEARS WITHOUT MAKING THEM YOUR IDENTITY?
- DO YOU WORRY ABOUT WHETHER OR NOT YOU'LL BE SUCCESSFUL?
- DO YOU FEEL YOU DEAL EFFECTIVELY WITH YOUR FEARS?
- WHEN WAS A TIME YOU FELT ANXIOUS?
- DO TESTS MAKE YOU NERVOUS?
- WHAT DO YOU REALLY WORRY ABOUT?