

REVIEW OF FEARS

Column 1	Column 2	Column 3	Column 4	Column 5
<p>WHO OR WHAT DO I FEAR: I list people, institutions or principles that I fear.</p>	<p>THE CAUSE: What are they going to do to me? Am I perhaps going to jail? Am I going to lose something with material value? Am I going to lose face? Will it result in divorce? Will it destroy a personal relationship? Might I lose my job, etc.?</p>	<p>AFFECTS MY: On my fears list I set opposite each name the part of self which is affected. Is it my self-esteem, my security, my ambitions, my personal, or sex relations that have been threatened?</p>	<p>WHAT DID I DO? What did I do, if anything, to set the ball rolling, and set in motion trains of circumstances, which have led to my being in the position to have the fear?</p>	<p>WHERE HAD I BEEN: "Selfish" "Dishonest" "Self-Seeking and frightened" "Inconsiderate" Which of the above character defects caused me to do what I did, or cause me to want to hold on to the old fear, even though I may have done nothing to cause it?</p>