Fear Inventory

Column 1: List People, Institutions, and Principals that I Fear

Column 2: What are they going to do to me? Am I 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? Will I lose my Job?

Column 3: On my fears list I set opposite each name the part of self which is affected. Was it My self-esteem, My Security, My Ambitions, My personal or Sex Relations which had been interfered with?

Column 4: 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?

Column 5: Where Had I Been: Selfish, Dishonest, Self Seeking and Frightened, Inconsiderate? Which character defects caused me to want to hold on to the old fear, even though I may have done nothing to cause it?

COLUMN 1 I am Fearful of	COLUMN 2 The Cause	COLUMN 3 Affects My									COLUMN 4 What Did I Do?	COLUMN 5 Where Had I Been:				
		Social Instinct		Security Instinct		Sex Instinct		Ambitions								
List People, Instintutions, and Principals that I Fear	What are they going to do to me? Am I 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? Will I lose my Job?	Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex	Hidden Sex	Social	Security	Sex	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?	Selfish	Dishonest	Self-Seeking	Frightened	Inconsiderate