

## COMPREHENSIVE LIST OF FEARS

Fears are not a “bad” thing. Being afraid is a natural part of the human experience. However, our response to our fear can be unhealthy. Such as excessive worry, impulsivity, and isolation. The first step to developing healthier reactions to your fears is to identify what your fears are. Use this tool to honestly explore your fears.

### FEAR OF...

Alone/Abandonment	Shame	Emotional Pain	Uncertainty
Being alone	Expressing emotions	Depression	Being in the wrong relationship
Expressing emotions	Failure	Loneliness	Committing to a relationship
Not being loved	Not being loved	Sadness	Not being able to control outcome
Upsetting someone	Making a mistake	Loss	Not knowing the outcome
Being neglected	Being seen	Betrayal	Not knowing reasons for actions
Loneliness	Being criticized	Heartbreak	Making a decisions
Rejection	Not being liked	Grief	Something not working out
Pushing someone away	Not being smart enough	Disappointment	Doubt in your abilities
Finality	Imperfections	Helplessness	The unknown

Physical Health	Mental Stability	Moral Misconduct (OCD)	Contamination (OCD)
Death	Losing your mind	Having bad intentions	Home is contaminated
Having a health condition	Disassociation	Inherently “bad”	Germ on objects
Having an accident	Anger	Not following religion correctly	Public restrooms
Physical discomfort or pain	Closter phobia	Cursed by God	Being contaminated by someone’s emotions or personality
Hypochondria	Losing control	Being evil	
Catching something	Psychosis		
Hospitalization	Intrusive thoughts		

Harming Self or Others (OCD)	Irresponsibility (OCD)	Imperfectness (OCD)	Miscellaneous OCD Fears
Harming yourself	Not turning off an appliance	Something being out of place	Doubting sexual orientation
Harming someone else	Being neglectful	Doing something incorrectly	You are a pedophile
Causing a car accident	Caring for a child	Something being out of balance	Hyperawareness of swallowing
Snapping and losing control	Making a mistake	Something not being symmetrical	Sensations causing distraction
Out of control with a knife			Hyperawareness of heartbeat