



15 insightful questions to ask yourself to bring your fears to light

Keep in mind that these questions are going to **trigger** your fears, make you go deep, and make you feel uncomfortable. That's the whole point....to bring these uncomfortable feelings to the surface and to not be afraid of them. The more you keep them in the dark, the scarier they will be.

Also keep in mind that a lot of times when we feel frustrated, impatient, anxious, angry, or jealous, it's usually FEAR at the root. Fear expresses itself as all sorts of negative emotions so don't dismiss these feelings too easily.

For example, let's say that you hate being in traffic and it makes you feel really impatient and frustrated. You might not think that this is based in some sort of a fear, but if you dig deeper, you may be able to discover that your sense of impatience comes from the fear of being late to work and getting fired. Then you can explore further where that fear comes from.

1. What do you absolutely HATE doing and how does it make you feel?

Do you hate it because it triggers a deeper fear within you? What fear?

2. What causes you anxiety?

What triggers your anxiety or what makes you nervous and uneasy?

3. What are some of your biggest, most obvious fears?

What deeper fear is this obvious fear based in?

Can you think back to a childhood event that created this fear?



4. **Is there something in your life that you really want to do, or a certain passion or dream you have, but aren't doing because you're scared?**

What is it and what are you scared of?

5. **Have you avoided certain jobs, people, places, situations, conversations or experiences out of a fear of something?**

What was it and what was the fear?

Is there a deeper fear it's based in?

6. **What types of topics make you uncomfortable to talk about?**

Why? Is it based in a fear?

7. **Are you currently in an unhappy, unhealthy, or dysfunctional relationship that you are scared of getting out of?**

Why? What are you scared of? (fear of being alone, not finding someone else, being hurt, not being loved)

Whatever your fear is, can you go deeper and see if it's based in a deeper fear?

8. **Are you currently in a job that you're scared to leave?**

Why? What is the fear?

What deeper fear is it based in?



9. Do you fear the truth?

Are you afraid of hearing the truth? Why?

10. How do you feel around authority figures? Scared, nervous, shy, uncomfortable, etc.

What deeper fear is this based in?

11. Are you afraid of what other people think of you?

What about it scares you most?

12. Does uncertainty and “not knowing” scare you or make you feel uncomfortable?

What about it scares you?

13. How do you feel about change?

Does it scare you?

What about it scares you?

14. Are you comfortable with being vulnerable?

If no, why not? Can you pinpoint a deeper fear?



15. **Do you enjoy being alone?**

If no, why not and what deeper fear is it based in?

Based on your answers to these questions, name your deepest fears.

Next steps...

For each of your fears, try to see if it's realistic. Does this fear make sense? Is it rational? Is it logical? Is it factual? Is it true?

Or is the fear just a crazy idea in your head?

It's only our conditioned minds and patterns that tell us that there is something to be afraid of when things are perfectly safe.

After all, F.E.A.R. stands for "false evidence appearing real," so if you can learn to override your conditioned mind, fear will no longer control you.