FEAR

\_\_\_\_Phobias

\_\_\_\_ Torment in mind

\_\_\_\_Anxiety

\_\_\_\_Negativity

\_\_\_\_Stress and Not dealing with Stress well

\_\_\_\_Worry

\_\_\_\_Being a People Pleaser

\_\_\_\_Rejection & Fear of Rejection

\_\_\_\_Bad Dreams & Night Terrors

\_\_\_\_Doubt & Unbelief

\_\_\_\_Vows & Curses

\_\_\_\_Lack of Trust in Myself, Others or God

\_\_\_\_All the times I have not had faith

\_\_\_\_Giving in

\_\_\_\_Perfectionism

\_\_\_\_Paranoia

\_\_\_\_Being Overwhelmed

\_\_\_\_Giving up Easily

\_\_\_\_Withdrawing

\_\_\_\_Dwelling on problems

\_\_\_\_Not having Boundaries

\_\_\_\_Procrastination

\_\_\_\_Fear of Failure

\_\_\_\_Fear of Man

\_\_\_\_Fear of Dying

\_\_\_\_Fear of Accidents

\_\_\_\_Fear of Being Alone

\_\_\_\_Fear of Being Hurt

\_\_\_\_Fear of being Vulnerable

\_\_\_\_Fear of Intimacy

\_\_\_\_Fear of Relationships

\_\_\_\_Fear of God

\_\_\_\_Fear of saying “No”

\_\_\_\_Fear of Being Heard

\_\_\_\_Fear of being Unsafe

\_\_\_\_Fear of Crowds & People

\_\_\_\_Wasted Time

\_\_\_\_Wasted Potential

\*Note It is highly recommended that individuals who go through the Fear stronghold also go through the Strongholds of Failure, Doubt & Unbelief, Rejection, Control, Stress, & Bitterness