



*Helping people build lives worth protecting.*

# What Am I Afraid Of?

## *A Fear Reflection*

Fear is not the problem. Fear gives us information. It can alert us to danger, uncertainty, vulnerability, loss, or something that matters deeply to us. The difficulty begins when fear stops being information and starts becoming our decision-making system. We may avoid conversations, control people, withdraw, become defensive, seek approval, procrastinate, stay in unhealthy situations, or make choices based primarily on preventing something uncomfortable from happening. Often, the fear on the surface is connected to something more basic underneath it.

### Eight Common Underlying Fears

These categories are not meant to explain every fear. They are a way to look beneath the surface and ask: What am I actually afraid of here?

1



**What will other people think of me?**

Fear of judgment, criticism, rejection, embarrassment, disapproval, or not being accepted.

2



**What will I think of myself?**

Fear of failure, inadequacy, guilt, shame, disappointment in myself, or not living up to the person I believe I should be.

3



**What if my needs are not met?**

Fear around safety, security, connection, belonging, support, stability, or having what I truly need to be okay.

4



**What if my wants are not met?**

Fear of disappointment, frustration, not getting the outcome I hoped for, or having life unfold differently than I wanted.

5



**What if I have to do something I do not want to do?**

Fear of discomfort, responsibility, confrontation, effort, change, sacrifice, or uncertainty.

6



**What if I have to feel something I do not want to feel?**

Fear of grief, shame, rejection, loneliness, disappointment, uncertainty, or emotional pain.

7



**What if I will not be able to handle what happens?**

Fear that I will fall apart, not know what to do, or be unable to tolerate or recover from the outcome.

8



**What if I am not in control of what happens?**

Fear of powerlessness, uncertainty, depending on others, or being unable to guarantee the result.

**Fear is not the problem. Fear gives us information.**

The difficulty begins when fear stops being information and starts becoming our decision-making system.





UNCOVER  
DISCOVER  
LLC  
Helping people build lives worth protecting.

# What Am I Afraid Of?

## A Fear Reflection

### 1. THE FEAR

Q1. What am I afraid of?

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Q2. What do I think is going to happen?

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Consider: Be specific. What is the outcome your mind is predicting?

Q3. Which of the eight fears seems closest to what is underneath this?

- ☐ What other people will think of me
- ☐ What I will think of myself
- ☐ My needs will not be met
- ☐ My wants will not be met
- ☐ I will have to do something I do not want to do
- ☐ I will have to feel something I do not want to feel
- ☐ I will not be in control of what happens
- ☐ I will not be able to handle what happens
- ☐ Something else: \_\_\_\_\_

Q4. What am I afraid this situation would mean?

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Consider: about me, another person, my future, my safety, my relationships, or my ability to handle what happens

### 2. NEEDS, WANTS & PREDICTIONS

*Fear can make something we strongly want feel like something we absolutely need.*

Q5. What do I believe I need in this situation?

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Q6. Do I actually need this, or do I strongly want it?

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Q7. If I do not get what I want, what am I afraid will happen?

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Q8. What do I actually know, and what am I predicting?

#### What I know:

What is observable, factual, or directly known right now.

#### What I am predicting:

What I imagine, assume, fear, or expect might happen.

### 3. WHAT FEAR IS ASKING ME TO DO

Q9. What is this fear telling me to do?

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Q10. What am I trying to avoid, control, or guarantee because I am afraid?

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Q11. What have I already done because of this fear?

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Q12. What is this fear costing me?

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Consider: relationships, opportunities, peace of mind, honesty, self-respect, recovery, growth, time, emotional energy, or the ability to be present

### 4. FEAR FROM THE PAST OR FEAR IN THE PRESENT?

Q13. Is this fear primarily about what is happening now, something that happened before, or something I imagine might happen?

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Q14. What might this situation be reminding me of?

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Q15. Is my current reaction proportional to what is actually happening?

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Sometimes our reaction to what is happening now is shaped by something that happened before.

### 5. WHAT IS MINE?

Q16. What part of this situation is actually within my control?

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Consider: my choices, preparation, honesty, effort, boundaries, communication, attitude, and response

Q17. What am I trying to control that is not actually mine?

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### 6. WHAT WOULD COURAGE LOOK LIKE?

Q18. Which of my values belongs in this decision?

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Q19. What would the person I want to become do in this situation?

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Q20. What is one small, honest, aligned action I can take right now?

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#### Before I Decide:

- Am I responding to what is actually happening, or to what I am afraid might happen?
- Am I making this choice because it reflects my values, or because I am trying to eliminate uncertainty?
- Am I treating something I want as though I cannot be okay without it?
- What am I trying to avoid, control, or guarantee?
- What would courage ask me to do here?

**Fear asks, "How do I make sure nothing goes wrong?"**

**Courage asks, "How do I want to show up even though I cannot know what happens next?"**

The goal is not to eliminate fear. The goal is to understand what fear is telling you, separate what you know from what you are predicting, identify what is actually within your control, and make room for your values before you decide what to do.

***Fear can have a voice. It does not have to get the final vote.***

