In this exercise, we identify and analyze our fears, consistent with the discussion fears on pages 107-108 in Step 4. Fear is a choice we make when we believe something negative may happen to us or our loved ones. This choice is based on us believing that we know the future and know the outcomes of unpredictable situations. Remember the acronyms – False Evidence Appearing Real or Future Events Already Realized.

In this exercise, we do not list theoretical or imaginary fears.

As with the table for Resentments, it is recommended that you complete your list of fears in Column 1 before beginning to analyze any of them in the other columns. For Columns 2 & 3, answer the question in the heading. For Column 4, do some research. Find a Bible verse that can help us see the truth and fight this fear.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **#** | **Column 1****Identify Fear** | **Column 2****Why do I have this fear?** | **Column 3****How will I combat this fear?** | **Column 4****Scripture** |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
| 6 |  |  |  |  |
| 7 |  |  |  |  |
| 8 |  |  |  |  |
| 9 |  |  |  |  |
| 10 |  |  |  |  |