

Review of FEARS

Who or What Do I Fear: I list people, institutions or principles that I fear.	The Cause What are they going to do to me? Am I perhaps going to jail? Am I going to lose something with material value? Am I going to lose face? Will it result in divorce? Will it destroy a personal relationship? Might I lose my job, etc.?	Relying on my/Affects My: <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td style="writing-mode: vertical-rl; transform: rotate(180deg);">Self Esteem</td> <td style="writing-mode: vertical-rl; transform: rotate(180deg);">Pocketbook</td> <td style="writing-mode: vertical-rl; transform: rotate(180deg);">Security</td> <td style="writing-mode: vertical-rl; transform: rotate(180deg);">Ambitions</td> <td style="writing-mode: vertical-rl; transform: rotate(180deg);">Pride</td> <td style="writing-mode: vertical-rl; transform: rotate(180deg);">Personal Relations</td> <td style="writing-mode: vertical-rl; transform: rotate(180deg);">Sex relations</td> </tr> </table>	Self Esteem	Pocketbook	Security	Ambitions	Pride	Personal Relations	Sex relations	What Did I Do? What did I do, if anything? <u>Where had I been</u> <u>selfish, dishonest, self-seeking.</u> Which of the above character defects caused me to do what I did, or cause me to want to hold on to the old fear, even though I may have done nothing to cause it?	What, perhaps, is a better way?
Self Esteem	Pocketbook	Security	Ambitions	Pride	Personal Relations	Sex relations					

