

## TOP TEN FEARS IN LIFE

### FEAR OF...

1. ABANDONMENT — I'm afraid that someone will leave me, and I'll feel alone and vulnerable. This makes me feel unloved and unlovable.
2. REJECTION — I'm afraid that someone will tell me to go away, and I'll feel bad. This could happen in the workplace, relationships or business.
3. FAILURE — I'm afraid that I'll fail again like I have in the past.
4. SUCCESS — I'm afraid I might do something right, and the struggle will be over. What will I do then? I fear it will all be taken away from me.
5. BETRAYAL — I'm afraid someone will be unfaithful or disloyal to me. To avoid that, I let someone else define who I am or set limits on me.
6. LONELINESS — I'm afraid I'll be alone and feel lonesome. Can I learn to be alone without feeling lonely and spend quality time with myself?
7. ILLNESS — I'm afraid I'll get sick and I won't be able to do something that could make me happy or move my life forward.
8. AGING — I'm afraid I'm too old to start over, or to be taken seriously. I need to learn that I don't have to act my age or be defined by it.
9. LOSS — I have lost so much in my life. I'm afraid I'll lose more.
10. DEATH — I'm afraid that when I die I will cease to exist. Doesn't our spirit transcend death? If so, then our birth is harder than our death!

