

Assignment 20 – FEAR - The Story

1. Read and highlight: starting from page 67 from "Notice that the word fear..." and stop when you get to page 68 "Now about sex...".

CONCRETE FEAR: fear of lack of money, or fear of being fired, fear of being homeless.

PSYCHOLOGICAL FEAR: fear of looking awkward, fear of powerful people, fear of being abandoned.

2. Review your 3rd/4th column worksheets. From them list out all the fears.
3. Take a fear you have listed and write out a FEAR TRAIN. See BBW-WOL Appendix for examples.
4. LISTEN to PODCAST 2020:
37. Step 4 - Fear Inventory (1/2) [CLICK HERE](#)