

## Assignment 21 – FEAR - The Story (Part 2)

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1. Continue with your fear trains. Take each fear you have listed in your Column work and write out a FEAR TRAIN for each one.  
Remember: These do not take long each to write - just a few minutes!
2. Do a "spontaneous dump" of any other fears that are on your mind. Let them emerge without comment or filter.
3. Go over your life in brackets of time, looking for any age specific fears.
4. LISTEN to PODCAST 2020:  
38. Step 4 - Fear Inventory (2/2) [CLICK HERE](#)