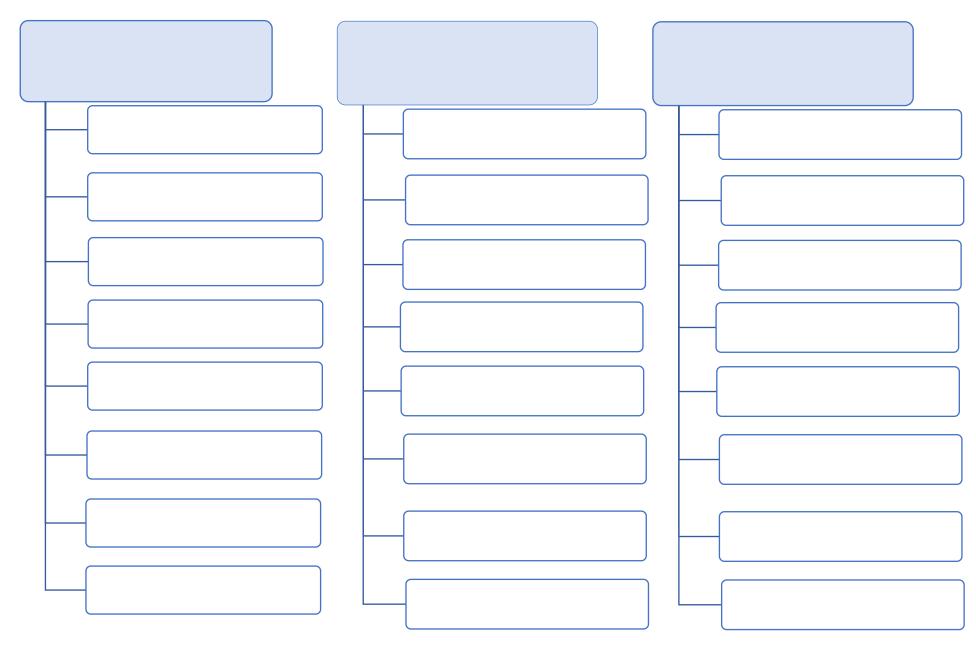
Step Four - FEAR TRAINS

Consider "What would happen if that were true?""Then what would happen?" "Then what?" (Try to stay with the fear. What is it you FEAR will happen)?



^{*}See the "Fear Table" example at the end of BBW-WOL, for an example of how to complete this worksheet

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Step Four: Fear Table

After you do your FEAR TRAINS you may become aware of a core fear(s) – this comes up again and again. This table is to help you consider those core fears. (See the example worksheet for how to fill this in).

	Name the FEAR:	WHY DO I HAVE IT?
1. SELF-SEEKING BEHAVIOR: WHAT BEHAVIOR IS MANIFEST?.		
2. SELFISH THINKING:		
SELF-CENTRED THOUGHTS/MOTIVES/ATTITUDES – WHEN I FEEL THIS FEAR.		
3. DELUSIONAL OR DISHONEST:		
Am I misrepresenting myself or reality; lying, or omitting or deluding – when I feel this fear?		
4. LIST THE CHARACTER DEFECT(S).		
5. WHY DO I HOLD ON TO THIS FEAR?		
What is the PAYOFF to me? What is a BENEFIT to me in holding on to this fear?		
6. NAME THE OPPOSITE OF THE FEAR: (consider healthy guiding Principles, Values or Beliefs)		
7. WHAT BEHAVIOR WOULD THIS MANIFEST? What would someone with healthy guiding Principles/Values/Beliefs do? Be practical! What will you do? What can you do?		

^{*}See the "Fear Table" example at the end of BBW-WOL, for an example of how to complete this worksheet