

Step Four - FEAR TRAINS

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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)?

The image displays three identical vertical diagrams for brainstorming. Each diagram consists of a light blue rounded rectangular box at the top, followed by a vertical line. From this line, ten horizontal rectangular boxes branch out to the right, connected by short vertical lines. These boxes are intended for writing a sequence of events or thoughts related to a fear.

*See the “Fear Table” example at the end of BBW-WOL, for an example of how to complete this worksheet

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: <u>WHAT BEHAVIOR IS MANIFEST?</u>		
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: <i>(consider healthy guiding Principles, Values or Beliefs)</i>		
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

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