

Template of the Fears Inventory Worksheet

	1. The fear	2. The reason or cause	3. The nature or root cause	4. Future action
	I am fearful of...	I am fearful because...	This fear stems from... ceasing to exist, physical harm, powerlessness or rejection	I will... pray and ask God for His strength
1.				
2.				
3.				
4.				
5.				
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9.				
10.				
11.				