

What am I afraid of?	Why do I have the fear?	Which part of self which I have been relying on has failed me?					Which part of self does the fear affect?							
List the names of people, institutions, principles, or anything that you fear.	Why am I afraid?	Self-reliance	Self-discipline	Self-will	Self-confidence		Self-esteem	Pride	Emotional Security	Pocketbook	Ambitions	Personal Relations	Sex Relations	
Dad	He was unpredictable, but more often angry. He would yell and fuss at me a lot. He would administer spankings with a belt for misbehavior reported by my Mom, but I would often get smacks, neck pinches, back-handed slaps from him when he was upset with me.	X		X	X		X		X			X		
Aunt Lynn	She was very strict and stern. She was scary to me because I didn't know how to make her happy.	X			X		X					X		
Aunt Beulah	She was strict and stern. She was harsh in dealing with misbehavior. I was scared of her because I didn't want to get in trouble.	X			X		X					X		
Black kids in Sumter	I was scared of the black kids at my public elementary school. I had not grown up around black kids. I didn't understand them. I didn't know why they behaved the way they did.				X			X						
Jay Folk	I was afraid of Jay. He had a violent temper. He would yell at his kids, lose his cool about little things. He claimed to be a Christian, but his language and how we wanted to spend his time didn't really add up. He once stood in my yard and screamed at me, cursing me, and threatening me if I didn't tell him where his wife was.	X			X		X	X				X		
Facing situations by myself	I was scared when I was left at my dorm at first grade. I didn't know what to do. I was taken to the hospital, had to fly on my own multiple times. I would be frozen in fear the entire time even when I became a teenager.	X			X		X		X					
My grandmother	She was scary to me. She would yell at her grandkids. She could be tender at times, but mainly she was demanding and contrary.								X			X		
Big kids at school	I was scared of the big kids. I was afraid what they might say or do to me. I was afraid they might make fun of me or ridicule me.	X			X			X				X		
Bullies at school	I was very afraid of the loud-mouthed bullies. They would tease, taunt, and make fun of me. They would challenge me to fight of which I was terrified. Though I was never in a fight. I was afraid they might beat me up.	X			X			X				X		
Mean kids in the neighborhood	I was afraid of the kids who would call me names, threaten me, curse at me, or throw things or hit me.	X			X			X				X		
Traveling by myself	I was super stressed, tense, and afraid. I didn't know where to go or what to do. I would go into my own shell to find a safe place.	X	X				X	X	X					

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Making decisions on my own	When I don't understand or am not familiar with something, I get stressed, tense, and afraid that I will make a wrong decision, mistake, or a wrong move that will be costly or embarrassing.	X		X	X		X	X						
Making a mistake	I am afraid of doing something that will be costly or embarrassing.	X			X		X	X						
Doing something wrong	I am afraid of being ridiculed for not knowing something or doing the wrong thing.	X			X		X	X						
Not being able to do something like sports	I was never taught organized sports. I had to pick things up from watching. I never knew the rules. I was afraid of doing something wrong and being yelled at or ridiculed.	X			X		X	X	X					
Acting properly in a social setting	I wasn't familiar with with cultural norms especially in social situations. I didn't know how to act or what to say or not say. So I just kept quiet to not make any mistakes.	X			X		X	X				X		
Not knowing or understanding what people are talking about (out of country)	I didn't always understand words, phrases, or expressions. I didn't know the current events, songs on the radio, or even products or brands.	X			X		X	X						
Not knowing the lingo and slang of the current day	I didn't always understand words, phrases, or expressions. I didn't know the cool or accepted expressions. I might use an old phrase and get a funny look.	X			X		X	X						
Not wearing the right clothes, shoes, etc. to be accepted	Most of my clothes were out of style, hand me downs, or donations. I rarely had new or current clothes. I didn't know clothing styles could be so important to people.	X			X		X	X		X				
Being expected to know or do something I have never heard of	I would sometimes come across a situation where I was at a loss as to what was expected of me, to do, or say.	X			X		X	X						
Not turning in an assignment on time	I was afraid of getting a bad grade or being yelled at for forgetting to do an assignment, so I would be really detailed in planning my homework assignments and working ahead.	X			X		X	X						
Being criticized	I didn't like being criticized, so I would either not say anything, not get involved, or stay away from situations that I wasn't sure about.	X			X		X	X				X		
Being rejected	I REALLY didn't like being rejected especially in front of others. I would rarely put myself in situations where I could be rejected so I didn't do many things where that might happen.	X			X		X	X				X		
Being laughed at	I was afraid of being laughed at if I made a mistake or didn't know how to do something, so I wouldn't put myself into those situations.	X			X		X	X				X		

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Being picked last on sports teams	I was afraid of being picked last in sports games, so I would rather not play or only stick around if someone I knew was the "captain" that might pick me earlier.	X			X		X	X				X		