

Fears

Circle items that feel true for you



Being Alone/Lonely
sitting alone quietly



Not Having Friends
sitting alone quietly



Being Made Fun Of
Enduring social mockery



Making Mistakes
erasing a mistake



Not Being Understood
person looking away frustrated



Change/New Situations
embracing new beginnings



Loud Noises/Crowds
Covering ears tightly



Getting Lost
wandering through woods



Health Problems
managing medical symptoms



Family Problems
family members arguing



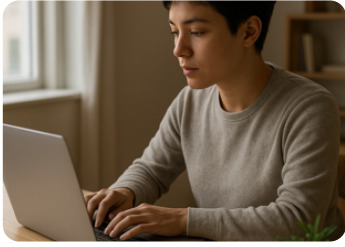
Running Out of Money
Emptying leather wallet



Not Fitting In
standing apart alone

Fears

Circle items that feel true for you



Not Finding a Job
Searching job listings



Getting Fired
Leaving the office



Boss Being Mean
Manager reprimanding employee



Coworkers Not Liking Me
Colleagues avoiding eye contact



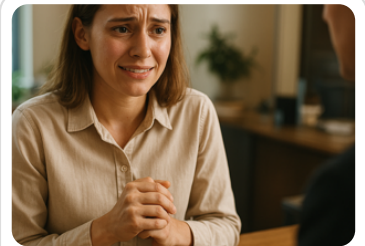
Not Understanding Instructions
looking confused at paper



Making Mistakes at Work
Reviewing work errors



Being Too Slow
moving at slow pace



Talking to Customers
speaking with clients



Job Interviews
conducting professional interview



Learning New Tasks
acquiring new skills



Working with New People
Collaborating with new colleagues



Not Getting Help When Needed
struggling in isolation

My Top 3-5 Fears

1. _____
2. _____
3. _____
4. _____
5. _____