

What thoughts trigger your fear?

Have a look at this list and ask yourself gently if perhaps something similar might be going on in the background of your mind.

- I'm afraid I'm going to have a mental breakdown
- I'm frightened for my safety
- I want you to love me
- I'm afraid I'll lose sight of my dreams
- I'm worried I'm not taking care of the important things
- I'm afraid of being hurt
- I'm worried that I'm becoming a burden
- I'm afraid to show you how angry I am
- I want you to take care of me
- I'm suffocating
- I'm frightened of failing
- I'm afraid I'll always be alone
- I'm frightened you'll find out I don't know how to do this
- I feel trapped
- I'm worried I'm missing out

Remember to be kind to yourself. This is not intended as another opportunity to make yourself wrong and start beating yourself up. You'd be surprised at how many people find that they're overdoing it and have to take stock of their life and their values in order to find that healthy balance again.

But once you've identified what the underlying fear is, you can begin to look at your life to identify where your need aren't being met and then take step-s to meet them.

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