



Core Fears

We Can't Live Without...

Acceptance.....
Grace.....
Connection.....
Companionship.....
Success.....
Self-Determination.....
Understanding.....
Love.....
Validation.....
Competence.....
Respect.....
Worth.....
Honor.....
Dignity.....
Commitment.....
Significance.....
Attention.....
Support.....
Approval.....
Wanted.....
Safety.....
Affection.....
Trust.....
Hope.....
Joy.....

So We Fear...

Rejection
Judgment
Disconnection
Loneliness
Failure
Powerlessness
Being Misunderstood
Being scorned
Being validated
Feeling defective
Inferiority
Worthlessness
Feeling devalued
Humiliation
Abandonment
Feeling unimportant
Feeling ignored
Neglect
Condemnation
Feeling unwanted
Danger
Feeling disliked
Mistrust
Despair
Unhappiness