

WHAT IS MY CORE FEAR?

We all have a fear button, and it's important that we identify our own core fear and understand how we react when it's pushed or our relationships will suffer.

This practical exercise is us responding to **James 4** by focussing on what fights inside ourselves. It's us asking ourselves, "what is my core fear?".

Here is a list from Dr Gary Smalley;

MY CORE FEAR IS THAT I FEEL:

- 1 Helpless, powerless, impotent, or controlled.

- 2 Rejected, as if people are closing me out of their lives.

- 3 Abandoned or left behind, as in divorce.

- 4 Disconnected form others or alone.

- 5 Like a failure.

- 6 Unloved, as if no one could love me.

- 7 Defective, as if something is wrong with me, as if I'm the problem.

- 8 Inadequate, as if I just don't measure up to others like I should.

- 9 Pained both emotionally and physically.

- 10 Hypocritical or like a phony.

- 11 Inferior as if I'm being placed below everyone else in value.

- 12 Cheated or ripped off or taken advantage of

- 13 Invalidated, as if my words and actions are being ignored or devalued.

- 14 Unfulfilled, as if what is happening to me will lead to a dissatisfied life.

- 15 Humiliated, as if I have no dignity or self-respect.

- 16 Manipulated, as if others are deceiving me.

- 17 Isolated, as if others are planning to ignore me.

What is my core fear?