

Jars of Fears

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Complete
Darkness = panic Attack



Small Spaces



Heights



Spiders



Darkness



Public Speaking



Clowns



Snakes



Losing a Loved One



Water
(Drowning,
Open water)



Fire



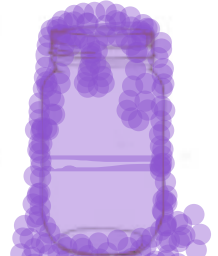
Death



Abuser
(ex. parent,
rapist, etc;)



Growing Older



Other People
(Social Anxiety)



Germs



Going Insane



Abandonment



Being caught in
a shooting



Anesthesia



Dying Alone



The Unknown



Flying



Holes



Swarming Insects



Pregnancy



Failure



Becoming Paralyzed



Others Finding Out
Your Secret(s)

Jars of Fears

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