

# Jars of Fears

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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)

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