

Jars of Fears

(Leave a clean copy)

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

(Leave a clean copy)

