

Jars of Fears

(Leave a clean copy)

 Small Spaces <i>*bursts out of jar*</i>	 Heights	 Spiders	 Darkness	 Public Speaking	 Clowns	 Snakes
 Losing a Loved One	 Water (Drowning, Open water)	 Fire	 Death <i>I almost died yesterday choking</i>	 Abuser (ex. parent, rapist, etc;)	 Growing Older	 Other People (Social Anxiety) <i>es. bullies</i>
 Germs	 Going Insane <i>I am insane</i>	 Abandonment	 Being caught in a shooting	 Anesthesia	 Dying Alone	 The Unknown
 Flying	 Holes	 Swarming Insects	 Pregnancy <i>;-)</i>	 Failure	 Becoming Paralyzed	 Others Finding Out Your Secret(s)

