

Jars of Fears

(Leave a clean copy)



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)