

# 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)

