

Reference list of Fears, Frustration/Anger, Guilt, Sadness/Depression, Shame

Fear	Fear of being wrong
Fear	Fear of not being enough
Fear	Fear of making a mistake
Fear	Fear of being judged
Fear	Fear of not doing enough
Fear	Fear of doing too much
Fear	Fear of rejection
Fear	Fear of not being liked
Fear	Fear of being loved / Fear of not being loved
Fear	Fear of being worthy / Fear of not being worthy
Fear	Fear of failure
Fear	Fear of success
Fear	Fear of expressing myself
Fear	Fear that I am flawed/broken/damaged/sick
Fear	Fear of what other people think of me
Fear	Fear of being seen
Fear	Fear of looking stupid/dumb/incompetent
Fear	Fear of trusting life
Fear	Fear of trusting myself
Fear	Fear of uncertainty
Fear	Fear of the future
Fear	Fear of not being supported
Fear	Fear of being supported
Fear	Fear of being abandoned
Fear	Fear of being alone
Fear	Fear of suffering
Fear	Fear of being vulnerable
Fear	Fear of not being in control
Fear	Fear of being in control
Fear	Fear of change
Fear	Fear of losing everything
Fear	Fear of having everything
Fear	Fear of being homeless
Fear	Fear of being poor
Fear	Fear of being wealthy
Fear	Fear of prosperity
Fear	Fear of having no money
Fear	Fear of having money
Fear	Fear of running out of money

Frustration/Anger	Angry/frustrated that things went wrong
Frustration/Anger	Angry/frustrated that things did not turn out how you had hoped
Frustration/Anger	Angry/frustrated with how people act
Frustration/Anger	Angry/frustrated with yourself
Frustration/Anger	Angry/frustrated with someone else
Frustration/Anger	Angry/frustrated about a perceived injustice to yourself
Frustration/Anger	Angry/frustrated about a perceived injustice in the world/society
Frustration/Anger	Angry/frustrated about a perceived injustice to someone else
Frustration/Anger	Angry/frustrated with things that happened to you in the past
Frustration/Anger	Angry/frustrated over how a situation turned out
Guilt	Guilt about being happy/joyful/prosperous (especially when others in the world are suffering)
Guilt	Guilt about having money/being wealthy (especially when others in the world are suffering)
Guilt	Guilt about past actions/things you have done
Guilt	Guilt about your privilege
Sadness/Depression	Feeling hopeless about your future
Sadness/Depression	Feeling hopeless about life
Sadness/Depression	Feeling hopeless about a specific situation
Sadness/Depression	Feeling depressed/sad about the loss of someone or something
Sadness/Depression	Feeling trapped/limited by your past
Sadness/Depression	Feeling trapped/limited by your current situation
Sadness/Depression	Feeling trapped/limited by your upbringing
Sadness/Depression	Feeling trapped/limited by your ethnicity
Shame	Shame about your accomplishments or perceived lack thereof
Shame	Shame about your success/lack of success
Shame	Shame about yourself
Shame	Shame about your body
Shame	Shame about your sexuality
Shame	Shame about your sexual preferences
Shame	Shame about having money
Shame	Shame about not having money
Shame	Shame about your actions/past actions
Shame	Shame about your family
Shame	Shame about your education
Shame	Shame about things that have happened to you
Shame	Shame about your life situation
Shame	Shame about your job/work
Shame	Shame about your ethnicity