

PHASE 3 Part 1

WHAT ARE YOUR FEARS

What are your biggest Fears?

These really do need to be looked at as they may get in your way.

Here are a few listed below, please add any which you can think that are not listed?

MY FEARS	YES	NO
I am scared to leave my current employer		
My identity is tied to my current job		
I might not like my new career/job		
I am convinced I won't be able to hack it		
I am scared I won't find a job		
I am in a comfort zone		
I am fearful I will look a fool in my new career/job		
My qualifications are not as good as the other colleagues		
I do not have any qualifications		
I am fearful people won't like me		
I am fearful of being successful		
I am fearful of regretting I took the job		
I am fearful of making a wrong mistake		
I am fearful of making a wrong decision		
I am fearful of the unknown		
I am fearful of failure		
I am scared of what people may say if I change jobs/career again?		
I am fearful I will not live up to the expectations of the employer		
I am fearful I will mess up an interview		

The fears you ticked Yes. Write down which ones they are: this is important to acknowledge them. Also, write next to the Fear what emotion/s showed up.

	FEAR	EMOTION
1		
2		
	FEAR	EMOTION
3		
4		
5		
6		
7		
8		
9		
10		

What are you going to do if these fears pop up at work?

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Do you need to see someone to work on these Fears? If Yes, who is this person?

Are the emotions connected to your Fear upsetting you? Yes ☐ No ☐

If Yes, who do you need to see to remove these emotions?