

OUR TWO CORE FEARS

# SESSION 3

*worksheets*



**Homework:**

- *Highlight which limiting beliefs you identify with most*
- *Make a list of 10 people you admire*
  - *Write down their names and what characteristics you love about them*

# YOUR TWO CORE FEARS

Neuroscientists tell us 95% of our choices are made subconsciously. The Fear of Failure and the Fear of Loss are two core fears that drive most of your subconscious programming. They are also responsible for most of your behavior and especially your bad behavior.

## Fear of Failure

*the fear that you are  
not good enough*

False Beliefs:

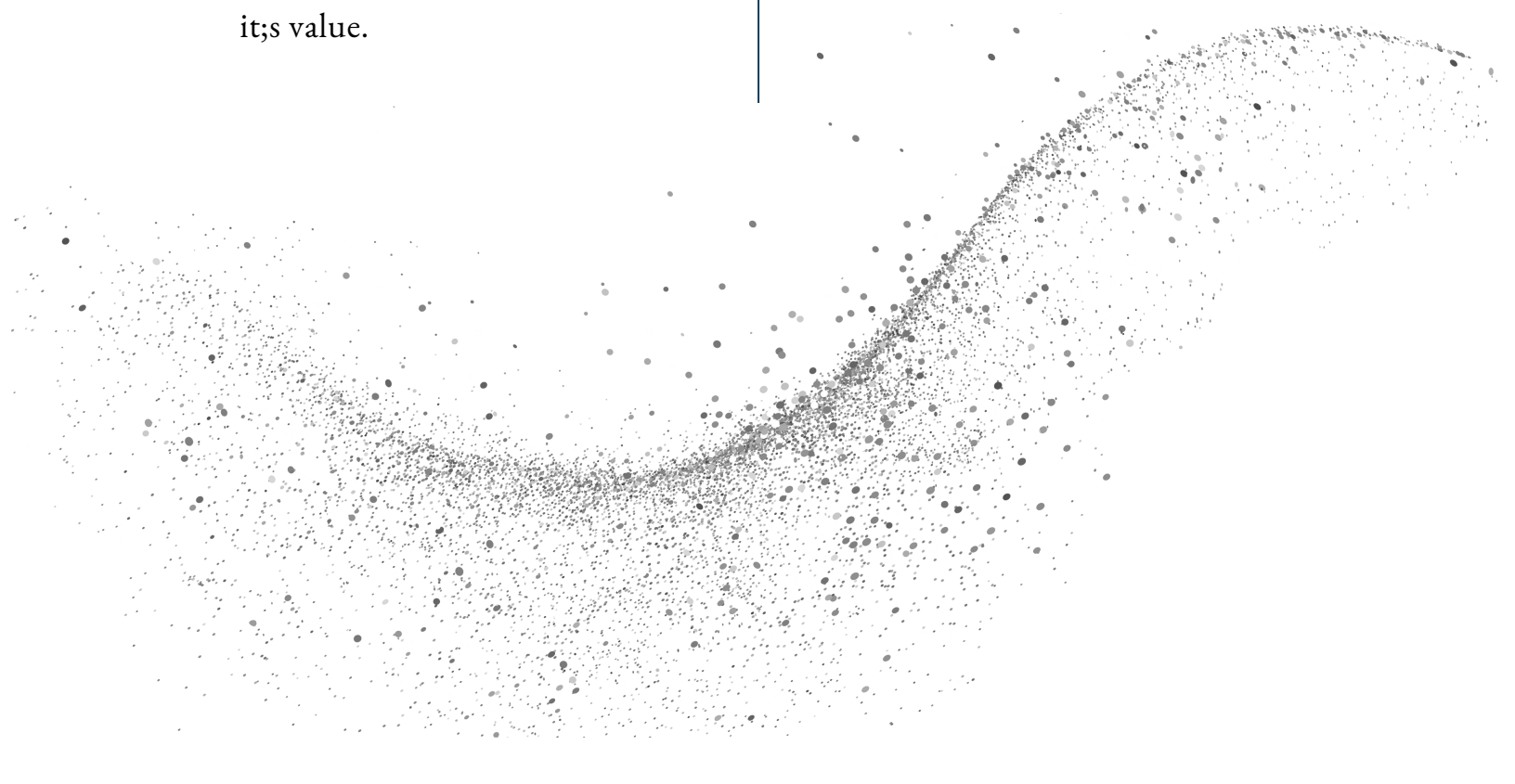
- Your value is changeable...it must be earned
- Your value can go up or down depending on your appearance, performance, belongings, opinions of others and or self.
- Your value is earned or lose it;s value.

## Fear of Loss

*the fear that your life might  
not be good enough (FOMO)*

False Beliefs:

- Life is dangerous, unpredictable, random, chaotic, meaningless and can be ruined.
- Life can go wrong and mistakes will provide the wrong life experience.



# LIMITING BELIEFS

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- I must put other's needs before my own.
- I don't have it all together, so I have nothing to offer others.
- Life is hard.
- If I'm not perfect, no one will love me.
- I always lose.
- I can't trust my own judgment.
- I will never be good enough to get the jobs I want.
- If I speak up in a group, I will make a fool of myself.
- I have no one who cares about me.
- My value must be earned.
- If I make mistakes they are irreparable & I'm a failure.
- I have to sacrifice myself to make others happy.
- I am in the way.
- The house must be clean before anyone comes over.
- I bother other people.
- God is inaccessible.
- My personality is annoying.
- I have to do everything alone.
- Showing any emotion makes me a weak person
- People don't like me.
- I am ugly.
- I am worthless.
- I will never succeed no matter how hard I try.
- God doesn't care about me.
- I am not desirable.
- I need to be right to be respected.
- No one will love me.
- I am alone.
- I never have enough time.
- My value is based on my performance.
- I hate God's plan for me.
- I can't have money and be a good person.
- Everything that goes wrong is my fault.
- I never get what other people get.
- Things never go my way.
- I always choose wrong at every turn.
- Every time I make some money, something comes and takes it.
- I have to do it all.

# LIMITING BELIEFS

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- People aren't honest and I can't trust them.
- There's never enough.
- I am not as good as them.
- I should know better.
- I always make the wrong choices.
- Don't toot your own horn.
- I need more money to have value.
- I am a victim.
- No one really knows me or appreciates me.
- I am a failure and always will be
- No one would look up to or listen to me.
- If they knew the real me... they'd reject me.
- It's all my fault.
- I will always be poor.
- I have to do for others, so they will love me .
- I have to do everything and perfectly or I am an utter failure.
- If you can't do it right the first time, it's not worth doing.
- The house must be clean before you go to bed.
- The work I do determines my value.
- Life is meant to be hard
- I am a failure.
- If I try, I will do it wrong - it's safer not to try.
- I have to be angry to be motivated.
- I must hold onto mistreatment, to be safe.
- God is disappointed in me.
- If they knew all the bad things about me, they wouldn't love me.
- It's too late.
- I can't trust myself or others.
- I don't know enough.
- I'm too busy.
- How others feel about me determines my value.
- I am behind where I should be.
- I am a loser.
- I am broken and I cannot be fixed.
- I have to be weak and submissive to be accepted.

# LIMITING BELIEFS

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- I have to be strong and tough to be accepted.
- Rich people are bad and selfish.
- I have to sacrifice myself for the cause or other people.
- I can't handle this.
- Life is better alone.
- All men are cheaters & mean.
- All men want is that one thing.
- God will be disappointed in me.
- I have to have money (a certain amount) to be valuable and be successful
- I am not brave.
- Wanting sex makes you a bad person.
- I have to make the perfect choice.
- Mistakes cannot be forgiven or forgotten.
- I can't show emotion.
- I should just let it go and get over it.
- I can't commit
- I am a quitter
- I can't do this anymore.
- I'm so sick and tired.
- This will never get better.
- I'm not strong enough to get through this.
- Love hurts.
- I'm safer alone.
- My love has to be earned.
- They are better than me.
- I am better than them.
- How I look determines my value.
- My weight determines my value.
- I don't have enough time.
- Emotion is for the weak.
- I am always behind and late.
- I'm not smart enough.
- I'm not ready.
- I don't have the right degrees, education, etc.
- I am not good at... math, science, languages, dating, parenting, etc. ...and I never will be or can be.
- I don't have friends.
- I can't do anything right.
- It's too big and hard.
- Nothing ever goes my way.

List 10 people you admire and write down the attributes and characteristics you look up to and appreciate about these individuals.

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