

FEAR LADDER

Now it's time to identify the specific fears that may be influencing your sense of identity. In the space provided at the bottom left, list any fears that come to mind—in no particular order. Then, place the most significant fear at the top rung of the ladder and arrange the remaining fears in descending order based on how deeply they affect you.

_____	1	_____
_____	2	_____
_____	3	_____
_____	4	_____
_____	5	_____
_____	6	_____
_____	7	_____
_____	8	_____
_____	9	_____
_____	10	_____
_____	11	_____
_____	12	_____
_____	13	_____

NOTICE WHETHER THE OTHER FEARS ARE CONNECTED TO—OR STEM FROM—YOUR PRIMARY FEAR.

Take time to process any emotions that may surface during this exercise. Allow God to meet you in this space with compassion and truth.