

incumstances:

1.What you think your greatest fear is.

2. Your "Worst case scenerio"

3. Person who
influenced you in the
developing your fear
4. A time in your life that
contributed to the fear

And cologing proplem:

5.What you make your WCS mean about you 6.A person who embodies these rejected aspects of self 7.A situation or dynamic you're avoiding bc of the fear 8.What your core fear actually is 9. Solution (bottom of the deck)