

Fears

(This is only a partial / Potential list)

Not good enough

taken advantage of

Not respected

losing

unable to be trusted

week

fired

a bad person

disliked

not valued

worthless

unwelcomed

unwanted

dispensable

looked down on

not trusted

bad husband / wife

unloved

abandoned

bad provider

not important

used

judged

unappretiated

being hurt

being betrayed

lose control

not needed

not having enough

scorned

disrepected

mistreated

unprotected

rejected

defective

crazy

insane

deprived

seen as a drunk

no good

losing _____ (something I value)

unsuccessful

not perfect

unable to work

not acknowledged

confronted

underpaid

unliked

broke

never being "fixed"

unimportant

unworthy

less than

alone

pain

cant live up to expectations

failure

angry

think less of me

relapse

suicidal

want to relapse

hate myself

stuff feelings

im nothing

no god

death

die

miserable

self-reliance fails