

THE THREE LEVELS OF FEAR

LEVEL 1. Core Fears

There are only three. (Everyone has the same Core Fears.)

1. *Abandonment*
2. *Rejection*
3. *Death*

LEVEL 2. General Fears

Emanate from core fears. (Everyone has the same General Fears.)

Examples:

Loss
Not being loveable
What other people think
And many more...

LEVEL 3. Circumstantial Fears

Specific to our lives.

Examples:

“I’m afraid Janet thinks I’m a bad person.”

“I’m afraid my mentor is subconsciously trying to keep me from surpassing her.”

“I’m afraid my partner is actively convincing themselves they want to be with me, even though they don’t.”