

The Love Multiverse

Identify Your Greatest Fears



Identify Your Greatest Fears so You can Defeat Them (and not They, You!)

Relationships often fail because people have fears. They are afraid that if they get involved, or more involved, something bad will happen. It's different things for different people. The problem is that, if you have a fear in one relationship, you likely may have it in other relationships as well. The best thing is to identify your fears. Then discuss them with your partner. If you can't, then you are either with the wrong partner, or you have to find a way to work through your fears, or you should consider psychotherapy.

This questionnaire on the next page may help you to identify these fears. Which are yours? Print out the document and highlight them. Maybe, your partner can help you work through them. That's what relationships are for!

I fear that if I get more involved,

- ✦ My partner will abandon me.
- ✦ I will lose myself in my relationship with my partner.
- ✦ I will be taken advantage of.
- ✦ I will lose my freedom.
- ✦ I will go broke.
- ✦ I will lose the opportunity to become involved with other partners.
- ✦ I will become vulnerable.
- ✦ My partner will turn out to be someone other than who I think they are.
- ✦ I will lose my identity.
- ✦ My partner will ask for more than I want to give.
- ✦ I will be untrue to myself.
- ✦ My partner will discover the weakness(es) I have been hiding from them.
- ✦ My friends or family will lose respect for me.
- ✦ I will have to do things I just really don't want to do.
- ✦ I will do a disservice to my children.
- ✦ I'll become someone I don't want to be.
- ✦ I'll get into the relationship more deeply than I'm ready for.
- ✦ I'll have to spend time on the relationship that I just don't have to spend on it.
- ✦ I will be physically or mentally abused.
- ✦ I will become too dependent.
- ✦ I will never be able to meet my partner's expectations.
- ✦ I will feel inferior to my partner.
- ✦ I will abuse or otherwise harm my partner, physically or psychologically.
- ✦ The relationship will fail and I will be left with its wreckage.
- ✦ I'll feel that the relationship just isn't good enough for me.