

Ask and Let Go(d)

I ask God and Let Go for God to Handle

15. Is there an emotion?

Abundance

fear of not having enough money
fear of having too much money
fear of not trusting abundance from God
fear of being successful
fear of buying items necessary to move forward

Existence

fear of living life
fear of not living life
fear of being flexible
fear of not having enough life force
fear of not having joie de vivre (Joy of Life)
fear of not doing the "right" thing
fear of not trusting life force from God
fear of not wanting to go with the flow
fear of presence
fear of dying
fear of living without quality of life
fear of not living without quality of life
fear of not being present
fear of not having peace
fear of upcoming events
fear of going out alone
fear of opening up
fear of opening up and being stopped
fear of physically moving
fear of moving backwards
fear of standing still

Food

fear of eating wrong food
guilt of eating wrong food
guilt of eating specific food
guilt of enjoying food
fear of eating too much food
fear of eating too little food
fear of eating dairy
fear of eating
fear of not eating balanced

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Purpose

fear of not knowing purpose
fear of not finding everything needed
fear of making bad choices
fear of moving forward
fear of standing still and not moving forward
fear of not having enough support
fear of not being rational
fear of thinking too much
fear of failing to do God's work
fear of listening to wrong "inner" voice
fear of having nothing to get teeth into
fear of not knowing what to do next
fear of knowing what to do next and not doing it
fear of being prevented from manifesting purpose
fear of believing next step involves the need for money and not trusting that God provides all
fear of limiting purpose
fear of believing limited purpose
fear of not manifesting the totality of purpose

Relationship

fear of being vulnerable in a relationship
fear of being loved for body rather than soul
fear of intimacy
fear of being victimized
fear of being diminished
fear of being disrespected
fear of being abused

Seen

fear of being seen
fear of being hidden and needing attention
fear of standing up for self
fear of standing for one's truth
fear of seeing everything

Self-Worth

fear of not measuring up
fear of not being good enough
fear of not living up to potential
fear of not being appreciated
fear of not being validated
fear of being exposed as a fraud
fear of not enough presence

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Sound

fear of not being heard
fear of speaking one's truth
fear of not speaking clearly
fear of truth being denied
fear of being intrusive
fear of too much noise
fear of hearing everything
fear of not being able to sing
fear of singing
fear of not speaking the correct answer
fear of changing the world previously shared
fear of being silenced
fear of being ignored