

Fear Inventory Self-Assessment

This self-assessment is not a diagnostic tool and is meant to be used for self-reflection only. Please call Changes Healing Center at 602.691.7224 if you would like an evaluation of your mental health.

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| 1) Do you avoid calculated risks because you fear failure? | Y/N |
| 2) Are you afraid of what others think about you? | Y/N |
| 3) Does fear of rejection stop you from making new friends? | Y/N |
| 4) Do you dwell on the possibility of job loss or financial ruin? | Y/N |
| 5) Have you avoided standing up for yourself, even when necessary? | Y/N |
| 6) Does fear stop you from trying new things? | Y/N |
| 7) Are you overly anxious about your health or safety? | Y/N |
| 8) Are you afraid to be honest about your feelings with others? | Y/N |
| 9) Does fear of being judged hold you back from social situations? | Y/N |
| 10) Do you frequently worry about things that are beyond your control? | Y/N |
| 11) Are you scared of failing in your recovery process? | Y/N |
| 12) Does fear prevent you from asking for help when you need it? | Y/N |

SCORING YOUR SELF- ASSESSMENT

EACH "YES" ANSWER = ONE POINT

0-3 Points = Low Risk

You aren't significantly affected by fear, or you manage it well. Keep reflecting on maintaining balance and addressing fear as it arises.

4-6 Points = Moderate Risk

Fear plays a moderate role in your life. It's important to recognize how it affects your decisions and actions and seek support in managing it. Progress is possible with awareness.

7-12 Points = Very High Risk

Fear has a significant influence on your behavior and decision-making. It may prevent you from living a fulfilling life. Consider reaching out for support to overcome these fears.



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