

**Janie Street**, "Woman Counseling Woman" editor Elyse Fitzpatrick p. 91-91  
Questions to identify causes of fear:

1. What captivates my thoughts when I am tempted to fear?
2. In what ways do I allow fear to paralyze me and keep me from fulfilling my God-given responsibilities?
3. What I am tempted to succumb to sinful fer, what is my heart craving more than Christ? Am I seeking relief, escape, approval, acceptance, or comfort?
4. Are there ways I have sought to manipulate or control others (friends, spouse, children, coworkers) because of my fears? In other words, are there payoffs I gain for nurturing my fears?
5. What am I believing about God when I'm afraid?