

Illusion of Fear Quiz



No one likes to think that fear is driving them. But if you're not convinced that fear may be running your life, ask yourself a few questions. Check the Yes or No box next to each question:

Y N

- Y N — Do you ever get defensive when someone questions you at work or home?
- Y N — Do you have a pattern of abruptly ending relationships?
- Y N — Are you able to easily say you're sorry?
- Y N — Can you ask for what you need without hesitation?
- Y N — Do you ever get resentful of what you've done for others?
- Y N — Do you hesitate at all to have difficult conversations?
- Y N — Do you have a hard time saying "no"?
- Y N — Do you often ruminate or stress out about losing your job?
- Y N — Have you ever stayed in an unhappy relationship for too long?
- Y N — Do you often worry about what would happen to you and your family if a recession hit?
- Y N — Is it troubling for you to see signs of aging in your body?
- Y N — Do you often find yourself attempting to please others?
- Y N — Have you ever ruminated about contracting a serious illness?
- Y N — Do you often avoid social settings because you find yourself anxious around people?
- Y N — Do you hesitate to take risks or make changes in your life?
- Y N — Do you avoid thinking about end-of-life issues (e.g., wills, trusts, bequeathing your belongings, and so on)?

Now add up the number of times you answered "Yes" to know how much fear is running your life.

Total
Yesses:

The Paper Tiger Syndrome will help you liberate yourself from these unwarranted stress responses.!

