

# ...unfinished business...

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One Man's Extraordinary Year of Trying to Do  
The Right Things



## TOOLKIT: FACING YOUR FEARS

This list will help you identify the fears at the root of your unfinished business.

I was afraid of. . .

- . . .hurting someone's feelings
- . . .losing money
- . . .being embarrassed
- . . .getting hurt
- . . .not living up to someone's expectations
- . . .succeeding
- . . .failing
- . . .becoming overcommitted
- . . .damaging my reputation
- . . .not being liked

I was afraid of. . .

- . . .not having enough time or energy
- . . .learning the truth
- . . .intruding on someone's privacy/time/grief
- . . .encountering painful memories
- . . .doing something wrong/insensitive/inappropriate
- . . .being seen as weak or soft
- . . .adding to someone's misery
- . . .not being remembered
- . . .being perceived as having been a selfish person
- . . .confronting a new or uncomfortable situation
- . . .being exposed as a failure or fraud

I was afraid of. . .

- . . .taking a risk
- . . .upsetting the status quo
- . . .letting someone down
- . . .losing my edge
- . . .seeming stupid/trivial/silly
- . . .making someone sad or depressed
- . . .reawakening old or inappropriate desires
- . . .provoking a confrontation with someone
- . . .losing someone or something I valued
- . . .not living up to my promise or abilities
- . . .the possibility that something bad would happen to me or a loved one