

Fear to Faith Worksheet

Date: _____

- 1) Current problem or situation:

 - 2) How I am feeling in this situation:

 - 3) What I hope will happen:

 - 4) If what I hope will happen happens, the Quality of God I will have a great experience of is... (Abundance, Balance, Beauty, Freedom, Joy, Love, Order, Peace, Power, Unity, Wholeness, Wisdom)...

 - 5) What I fear will happen is...

 - 6) The false belief/word of error in my fear is... (abandonment, rejection, conflict, chaos, death, debt, disease, duality, lack, limitation, judgment, ignorance, poverty, separation)...

 - 7) How I react to my false belief (the behavior I tend to do) is... (fight, flee, control, get angry, get depressed, etc.)...
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- 8) What originally happened... My age: _____

 - 9) What I felt...

 - 10) What I came to believe...

 - 11) How that belief is out-picturing in my life today...

 - 12) Anything else I should know about this today?
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Releasing Prayer:

I release my belief in _____ (#6)

I release my need to _____ (#7)

I am grateful God is the _____ that I am. (#4)