

HIERARCHY OF FEARS

5. I WON'T BE MYSELF

4. I'LL BE REJECTED

3. I'LL BE
HUMILIATED

2. I'LL BE
INVADED

1. I
WON'T
EXIST

IT GOES UP

BUT IT ALSO
GOES DOWN

BEAT
ANXIETY

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5 I Won't Be Myself:

This is where you wear a mask all day, come home exhausted and can't stand to even look at yourself in the mirror. This is an identity based fear of not knowing who you are. You base your worth off of what you do, versus who you are as an individual.

4 I'll Be Rejected:

This is where you fear rejection of any kind. You tend to disengage, not interact with others and isolate. This fear can actually manifest itself from the fear of rejection to "I am a reject".

3 I'll Be Humiliated:

This is where you fear being embarrassed, humiliated and can ultimately be the cause of deep seated shame.

2 I'll Be Invaded:

This is where you fear your life being invaded by others. You tend to be a very private person and build walls instead of boundaries. You have a fear of being known, don't trust people and many who struggle with what is deemed as "social anxiety" fall within this realm of fear. However, social anxiety has nothing to do with a fear of being social, but is based off of how you view/see yourself in those situations.

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1 I Won't Exist:

This is where you have not only a fear of dying, but the fear of not being missed and even invisible as well. These are the people pleasers, the ones who try to save everyone else and also the ones who struggle with toxic shame.

These fears can work themselves up from 1 to 5, but also downwards from 5 to 1. To be honest, most begin at #5 (I won't be myself) because they don't know who they are.

This in and of itself causes a lot of anxiety and depression. What you need to understand is that your worth is not based on those things you do or don't do, but solely on who you are!

We tend to hate this side of us and need to allow ourselves more grace, compassion and kindness.

We also have to learn what we NEED and start to fall in love with this side of ourselves, instead of constantly rejecting and hating it.

Remember, healing is about our heart. And it's through those actions of self-compassion, forgiveness, grace and self-care in which we will discover once again how to love ourselves for simply who we are.