



# Questions to Identify Fears

## APSS CC 5 Establishing Recovery Goals

When it comes to setting goals, the client is responsible for picking their goals, but you can assist them by asking the right questions to get them thinking about their life differently. See some examples below of questions to ask.

### Questions to Help Someone Identify Their Fears:

1. If you were not afraid, what would you be doing?
2. Why would you like to do this?
3. What are you getting out of staying in your comfort zone?
4. What is it costing you to stay in your comfort zone?
5. What would be the biggest benefit in moving past this fear?
6. How does experiencing this fear make you feel?
7. What are the specific emotions or physical sensations that you are experiencing?
8. What are the thoughts that come to mind in that situation?
9. What have you learned from past experiences about how to successfully address these thoughts and feelings?
10. Can you describe another time you felt hesitant or anxious around pursuing a goal?
11. Have you experienced past setbacks that may be affecting you now?
12. Do you feel pressure from external sources, such as family, peers, society, that contributes to your fear?
13. Are there underlying beliefs that may be affecting your self-assurance?
14. How do you define success, and do you feel pressured to meet certain standards or expectations?
15. Have you noticed any physical sensations, such as tension, racing heart, etc., when you think about taking steps toward your goals?