_	
	As a little child, I often was afraid that
	a
	b
	c
2.	Later on, I had these fears:
	a
1	b
	с
3.	Of the fears I listed in #1 and #2, these were <i>rational</i> (they could really happen):
	a
1	b
	c
4.	Of the fears I listed in #1 and #2, these were <i>irrational</i> (they were highly unlikely to happen):
	a
1	b
	c
5.	My <i>rational</i> fears at the present time (real fears of real possibilities) are
	a
	b
	с
6	My <i>irrational</i> fears at this time in my life (fears of things that probably could never happen) are
	a
	b
	c
	Of the fears I listed in #5 and #6, these take up the most energy:
	a
	b

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