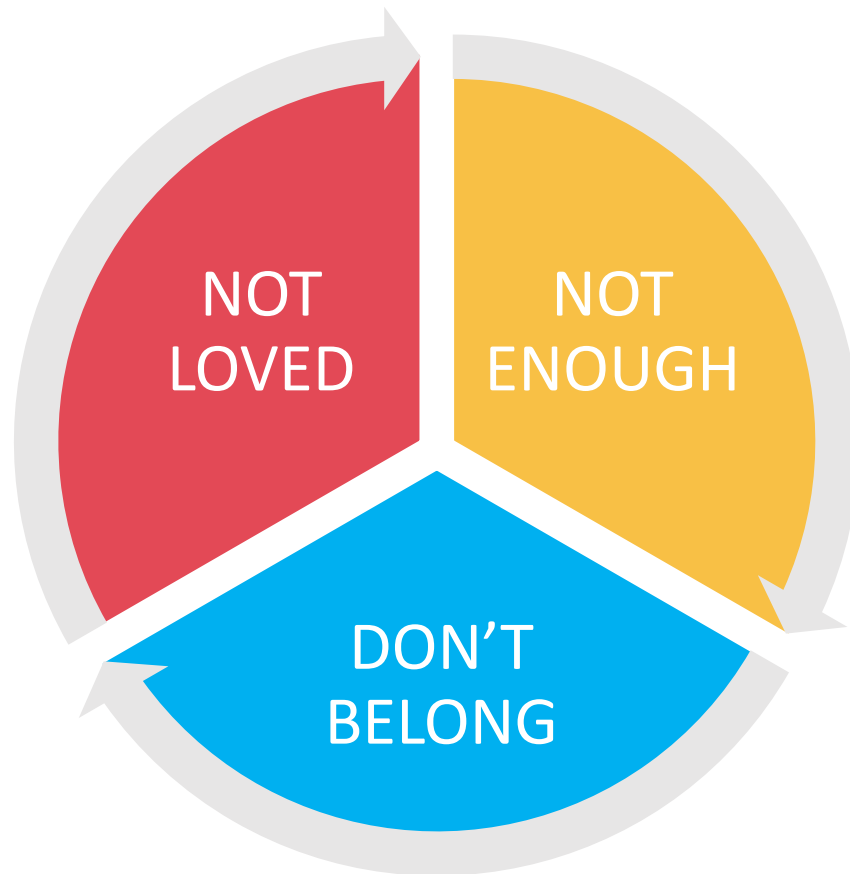


## 3 UNIVERSAL FEARS



Behaviour can mask deep emotions that are linked to experiences that have been trauma or come from the subconscious part of their brains, which stem from the 3 universal fears.

For example, '**not loved**' is about the fear of powerlessness. Usually individuals will use 'control' to manage this fear. '**Not enough**' is the fear of 'worthlessness'. Usually this is low self esteem, will using people pleasing as a coping strategy. '**Don't belong**' is the fear of abandonment. This is where individuals will do and be anything to be part of a group as a coping strategy.