

The Fear Factor Test

Hi Friend. Millions live with fear and anxiety on a daily basis. The question is, "How much does fear impact your life?" I've designed at test so that you can find out. You can take the test two ways. You can print out the test and circle the number that best describes how fear affects you **(1 being the lowest and 5 being the highest,)** or write down the number that best describes your fear on a sheet of paper.

The score is explained at the end.

1. Does anxiety have you tied in knots most days?
1 2 3 4 5
2. Are your present fears fueled by your past experiences?
1 2 3 4 5
3. Do you find it hard to let go of control and trust God with your circumstances?
1 2 3 4 5
4. Are you weary from worry?
1 2 3 4 5
5. Do you obsess over things you have no control of?
1 2 3 4 5
6. Does the unknown cause you anxiety?
1 2 3 4 5
7. Does worrying keep you up at night?
1 2 3 4 5
8. Have you made a routine out of worrying over family, the future, finances, or relationships?
1 2 3 4 5
9. Would you describe yourself as a fear-driven parent?

1 2 3 4 5

10. Do you fear disappointing others or feeling worthy of being accepted?

1 2 3 4 5

11. Do you find it difficult to calm your mind?

1 2 3 4 5

12. Do you often feel emotional or physically sick due to worry, fear or anxiety?

1 2 3 4 5

13. Are you constantly worrying about the worst-case scenario?

1 2 3 4 5

14. Do you worry about what others think of you or how you perform?

1 2 3 4 5

15. How often does fear shut you down—keeping you from daily activities?

1 2 3 4 5

SCORE: add your numbers together and find your scoring category

60-75: Fear consumes most of your life preventing you from experiencing the abundant life filled with peace, joy, freedom and purpose.

45-59: Fear tempts you often keeping you from stepping out of the safety zone into a life of faith and adventure with God.

30-44: You can become entangled by fear from time to time causing you to doubt God's faithfulness to care for you.

15-29: Fear doesn't have a grasp on you. Perhaps you took the test to help someone else! ☺

If you struggle with fear, don't despair! I've been there and I want to reassure you that you can have a faith stronger than all your fear! That's why I wrote, **An Untroubled Heart**. I want you to know there is freedom from fear!

I invite you to read my first chapter **free!** Click here <http://http://bit.ly/QwHlnV>
If you're interested in purchasing a copy of **An Untroubled Heart** for yourself or a friend, click here: <http://amzn.to/Ou66kX>

You can also join my **online bible study** of An Untroubled Heart starting Aug 20th.

It's free! To sign up and find out more details, visit my site/blog at www.miccacampbell.com