

# RAF Questionnaire

## RESOURCES AGAINST FEAR



Trust is the best resource against fear. This questionnaire gives you an opportunity to think about very personal experiences in the areas of trust in your own abilities, trust in social relationships and trust in the world / spirituality, from the perspective of the present, the distant past and the far future, respectively. Please fill out the question sections one after the other, as spontaneously as possible, without lengthy reflection (you can also use the reverse side for this).

These questions will promote self-reflection and are designed to assist you in experiencing the connection to yourself from different points of view. The questions may also inspire and motivate you to concern yourself more with your trust-building resources.

### Trust in your own abilities

What am I good at, in what situations do I feel competent, what brings me joy (profession, social environment, leisure time, holiday, hobbies...)?

1. *in relation to the present*

---

---

2. *in relation to a point in time in the past, e.g. around 20 years ago*

---

---

3. *in relation to a future point in time: how would you want to fill out "RAF" in, say, 20 years' time*

---

---

### Trust in social relationships

Who can I rely on, who can I trust (friendships, family, neighbors, colleagues, club members, family physician...)?

1. *in relation to the present*

---

---

2. *in relation to a point in time in the past, e.g. around 20 years ago*

---

---

3. *in relation to a future point in time: how would you want to fill out "RAF" in, say, 20 years' time*

---

---

### Trust in the world/ spirituality

What do I believe in, what is really important to me in my life, what gives me strength (religion, moral/ethical values, nature...)?

1. *in relation to the present*

---

---

2. *in relation to a point in time in the past, e.g. around 20 years ago*

---

---

3. *in relation to a future point in time: how would you want to fill out "RAF" in, say, 20 years' time*

---

---