

Confronting Fear

USE YOUR FEAR TO CLARIFY YOUR THINKING & TAKE ACTION

DESCRIBE YOUR FEAR.

MY FEAR IS

GAIN ADDITIONAL UNDERSTANDING BY BEING CURIOUS.

WHY AM I AFRAID?

WAS THERE A TIME IN MY LIFE I FELT THIS BEFORE?

WHAT OTHER FEELINGS OR FEARS COME UP RELATED TO THIS FEAR

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NOW WRITE OUT ALL THE POSSIBILITIES OF WHAT COULD GO WRONG IF YOUR FEAR BECAME REALITY, INCLUDING WORSE CASE SCENARIO

NEXT, BRAINSTORM WAYS YOU COULD REDUCE THE RISK OF WORST-CASE SCENARIO HAPPENING.

IF WORSE CASE HAPPENED, HOW COULD YOU DEAL WITH IT?

CONSIDER THE BENEFITS OF TAKING ACTION

WHAT WOULD THE RESULT OR CONSEQUENCE BE OF NOT TAKING ACTION

[illegible]