

# LOOKING AT YOUR FEARS



## **FEARS UNDER INVESTIGATION**

LIST YOUR FEARS

SELECT FOCUS FEAR

WHAT DO YOU FEAR IS WORSE CASE  
SCENARIO IF THIS HAPPENS

PROOF  
THIS  
MIGHT  
HAPPEN?

WHAT CAN YOU DO TO  
MINIMIZE THE POSSIBILITY OF  
THIS HAPPENING?



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## THE BIRTH OF A FEAR

IDENTIFY A SPECIFIC FEAR

WHY AM I AFRAID OF THAT FEAR?

CAN YOU DIG DEEP TO THINK OF WHEN  
THIS FEAR WAS BORN?

WHAT  
WAS LIFE  
LIKE WHEN  
THIS FEAR  
WAS  
BORN?

HOW CAN YOU  
CHANGE THE FEAR  
STORY?



## **WRITING PROMPT**

I CAN SEE HOW MY FEARS HAVE...

