

Checklist

- Take a deep breath**
 - Let the calm wash over me
 - Allow other thoughts to enter my mind and ease my fears
 - Slow my heart rate to decrease anxiety

- Find internal source of inspiration**
 - Go to my “happy place”
 - Pray
 - Recite a mantra or calming chant

- Seek knowledge to ease my anxiety**
 - Learn about the topic to discover as much as possible
 - See what was once unseen
 - Prohibit my imagination from running away with me

- My fear is too great, I need:**
 - More time
 - Help from friends and family
 - Professional help to conquer my phobia

Worksheet

1. What I fear is:

2. Why am I fearful?

3. How can I conquer my fear?

4. Fear is: *(Circle all that apply)*

- a. An emotion
- b. Something that only the weak feel
- c. Powered by knowledge
- d. Something that can be overcome by anyone
- e. The mind killer
- f. The little death that brings total obliteration

5. We fear what we don't understand; therefore, getting a better understanding of our fear is a great way to conquer it.

List some attributes and facts about your fears.

True/False:

- | | | |
|---|---|---|
| 1. Everyone experiences fear at some point in their life. | T | F |
| 2. Fear is a natural emotion like happiness or sadness. | T | F |
| 3. Any fear can be conquered. | T | F |
| 4. All fears and phobias can be conquered immediately. | T | F |
| 5. Fears and phobias are the same thing. | T | F |
| 6. Fear often leads to rational thinking. | T | F |
| 7. Conquering fears can lead to a boost in confidence. | T | F |
| 8. Phobias are rational fears. | T | F |
| 9. Phobias have been diagnosed for fear of clowns. | T | F |

Multiple Choice:

1. A good way to calm yourself in times of fear is to:

- a. Pinch yourself
- b. Count sheep
- c. Take a deep breath
- d. Drink some water

2. Fear is:

- a. A distressing emotion caused by impending danger or pain
- b. A sign of weakness or inferiority
- c. Something you have complete control over

3. How can researching your fear benefit you?

- a. It gives you something to do to relieve boredom.
- b. Knowledge of your fears can give you the key to conquering it.
- c. Further knowledge can make the fear so intense that you completely avoid dealing with it so you never have to deal with it again.

Answer Key:
Fear is:
A, D, E, F
1. T
2. T
3. T
4. F
5. F
6. F
7. T
8. F
9. T
Multiple Choice:
1. C
2. A
3. B