



EXPLORE YOUR QUESTIONS



What Are You Afraid Of?

Recognize Your Fear		Notice <i>where</i> fear creeps in	
Do you notice when small worries steal your attention?		What area of your life seem most unclear or worrisome?	
Do your legitimate concerns spiral into panic-inducing <i>What ifs</i> ?		How often do you acknowledge these underlying fears?	
Pinpoint <i>when</i> fears occur		Become aware of <i>how</i> your fear manifests	
Are there particular times of the day or week that are triggering?		What physical sensations accompany your fear?	
Do certain events evoke anxiety?		Does negative self-talk rebuke you for your anxieties?	
What locations cause you to feel nervous?		What undesirable behaviors do you engage in to avoid your fears?	
Do certain people leave you feeling anxious?		Do you self-sabotage to avoid completing a sought-after goal?	
Are your fears the loudest while you're on your own?		Do you procrastinate on work to avoid fears of success or failure?	
Do you find yourself worrying when things are good?		Do you isolate to avoid the possibility of social rejection?	
Why is this so scary?			
What do you think your fears say about you— who you are at your core?		Do your fears stem from a limiting belief— such as that you're not worthy of love and acceptance?	
Get past your fear...by moving through it			
Acknowledge it:	Accept it:	Act on it:	Release it:
Notice it. Name it.	Sit with your fears for a few moments.	Create an emergency action plan: What's the worst that could happen? <i>What would you do then? And after that?</i>	Identify and practice what works for you when it comes to surrendering your fear:
Watch fear's power over you lessen.	Allow your concerns to be legitimately heard and acknowledged.	How likely is it for the worst to happen? <i>Can you do anything to prepare now?</i>	<i>Talking it out. Meditating. Distraction. Time in nature. Gentle movement.</i>