

## **Moving Through the Fear - Individual Worksheet**

Complete the following statement - If I were not afraid, I would...

What is the fear that is keeping me from doing that? Complete the following statement. "I am afraid of..."

How does experiencing that fear make me feel? What are the feelings (physical and emotional sensations) that I experience? Be as specific as possible.

What are the thoughts that come to my mind in that situation?

What have I learned from past experiences about how to successfully deal with these feelings and thoughts?

What are some small steps that may help me deal with these feelings and negative thoughts?

What kind of support would I like to have that would help me face this fear and move through it?

Who do I think might be this kind of support for me?

What have I learned about successfully dealing with the feelings that arise when I move out of my comfort zone?

Do I tend to try to avoid the feelings, run from the feelings, or try to tolerate the feelings?

Notes from small group discussion: