

What To Do About Fear

When you feel scared (nervous, fearful, terrified, etc), answer these questions.

- 1) IS THERE SOMETHING HAPPENING OR GOING TO HAPPEN THAT IS DANGEROUS? IF SO, WHAT IS THE DANGER? IS IT REAL OR IMAGINED? IF THERE IS NO DANGER, IS THERE SOMETHING I AM EXCITED ABOUT? (THE PHYSICAL SENSATIONS OF FEAR AND EXCITEMENT ARE VERY SIMILAR.)**

- 2) HOW LIKELY IS IT THAT THE DANGER WILL CAUSE ME HARM? (YOU MAY NEED INFORMATION TO MAKE THIS ASSESSMENT—ASK QUESTIONS.)**

- 3) IS THERE ANYTHING I CAN DO TO PROTECT MYSELF?**

- 4) IF THE VERY WORST THING I CAN IMAGINE HAPPENS, WHAT WILL I DO?**

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