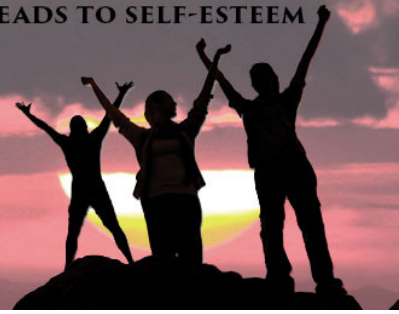


FEELING GOOD ABOUT YOU

THE JOURNEY OF DISCOVERY
THAT LEADS TO SELF-ESTEEM



Module 4 – Worksheet 2

Fear

Fear is a part of life. At one time or another you have probably experienced a fear of something. As a powerless young child, it may have been fear of being abandoned, rejected, not being good enough to be loved, or even fear of the scary monsters that lived in your closet or under your bed. Now that you are an adult, your fears may have matured along with you into fear of failure or success, being alone, or the unknown.

At some level, all of these fears have the power to control your behavior, and may interfere with your ability to be your happy, effective self.

Fear is the result of a thought process that comes from negative self-talk about your inadequacies, former failures, inability to control a situation.. Fear and the resulting anxiety trigger physical symptoms and bodily responses. Common physical reactions to anxiety include shortness of breath, sweaty palms, inability to hear or focus, increased heart rate, etc.

The problem with fears is that they creep up and lurk in the back of your mind. Then, at unexpected times, when you are feeling at your most vulnerable, they surface, grip your thoughts, and direct or dictate your behaviors.

It may be difficult for you to look at your fears because they are often extremely painful. This pain originates from having to admit to yourself or others that you have vulnerabilities. Consequently, the process of recognizing and dealing with your fears requires both courage and a feeling of personal power and strong self-esteem.

The good news about fear is that you can confront it, and once you do, it will no longer control you. Fear only has power over you when you run from it. The harder you run and the more effort you put into ignoring whatever is frightening you, the stronger and more powerful it will become. However, once you stop running and face the fear, its power to intimidate you will diminish or disappear. Think about something you fear and in the spaces below take the following steps:

This process allows you to open up and be honest about your fears. Once you do this you will feel relief in your anxiety level and be able to put your fear back into a realistic perspective. It may remain in the back of your mind, but you will probably feel stronger and more in control, rather than allowing your fear to control you.

Exercise: My Fear

Answer the following questions about fear.

What were you afraid of when you were a child?

What were your main fears as a teenager or young adult?

Are your current fears similar or different from those you experienced in early life?

In what ways do these fears inhibit or alter your behavior, or prevent you from being who you really are?

How realistic are these fears?

What can you do to put them in perspective so they no longer interfere with who you are?

Remember, fear loses its power when you confront it in some way. Reflect on your ability to control your self-talk, thoughts, and feelings, and therefore, your fears.

Exercise: Confronting Fear

- 1) Think about your fear. What is it?

- 2) State your fear aloud, write it, or talk about it with others.

- 3) Ask yourself, "Would I be able to survive or cope if this fear became a reality?"

- 4) If the answer is YES (it almost always is), ***feel the fear and DO IT ANYWAY!***

Reflections on Fear

- Every human being experiences fear
- Can control you if you run from them.
- Might interfere with your being happy and effective.
- Lurk in the back of your mind
- Surface when you are feeling most vulnerable
- Are the result of your self-talk.
- Can direct or dictate behavior.
- Are often painful
- Can be confronted
- Can be put in perspective and overcome.