

# Facing Your Fears

## **Objective**

To identify what you fear and increase your ability to feel safe, calm, and confident.

## **What to Know**

Everyone is afraid of something. But not everyone realizes that there are things they can do to face their fears and not let fears control their behavior.

This worksheet will help you think about and share what you fear with someone you trust.

It will help you decrease your fear by replacing your thoughts, feelings, and behaviors to feel safe, calm, and confident.

## **What to Do**

First, write down your fears. Be as detailed as possible.

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How do those fears affect how you deal with challenging situations? Be specific.

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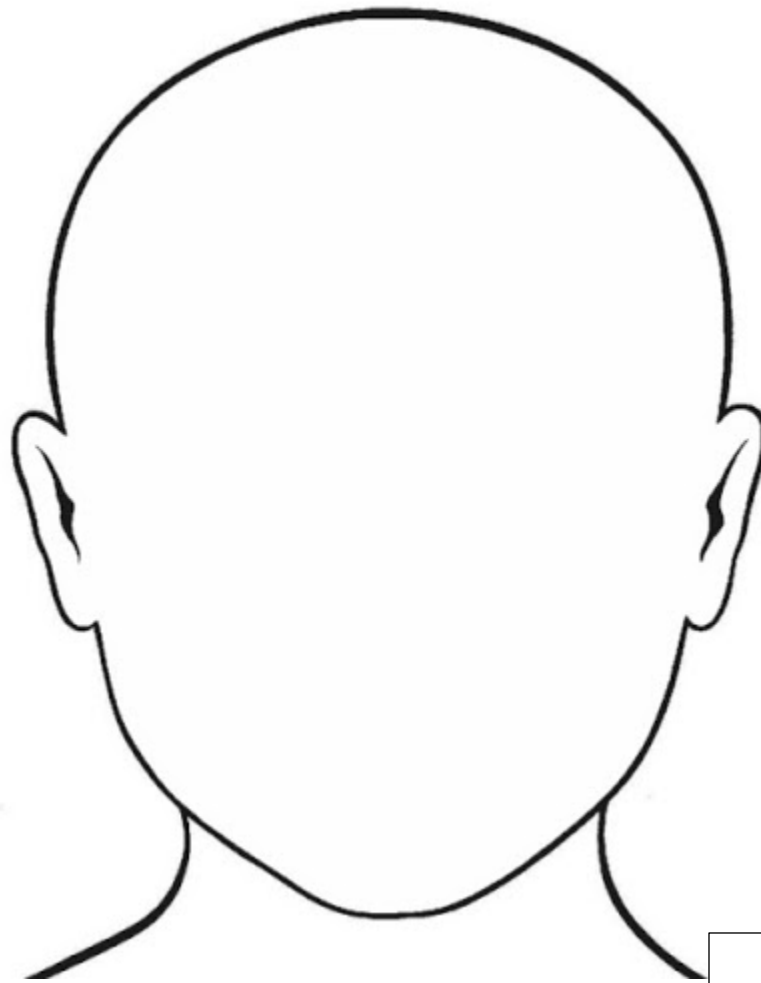
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Now, draw your “fearful” face. Use markers or colored pencils to fill in details – your hair, skin, and any other features you want to include. How do your eyes and mouth look?



**I’m afraid!**

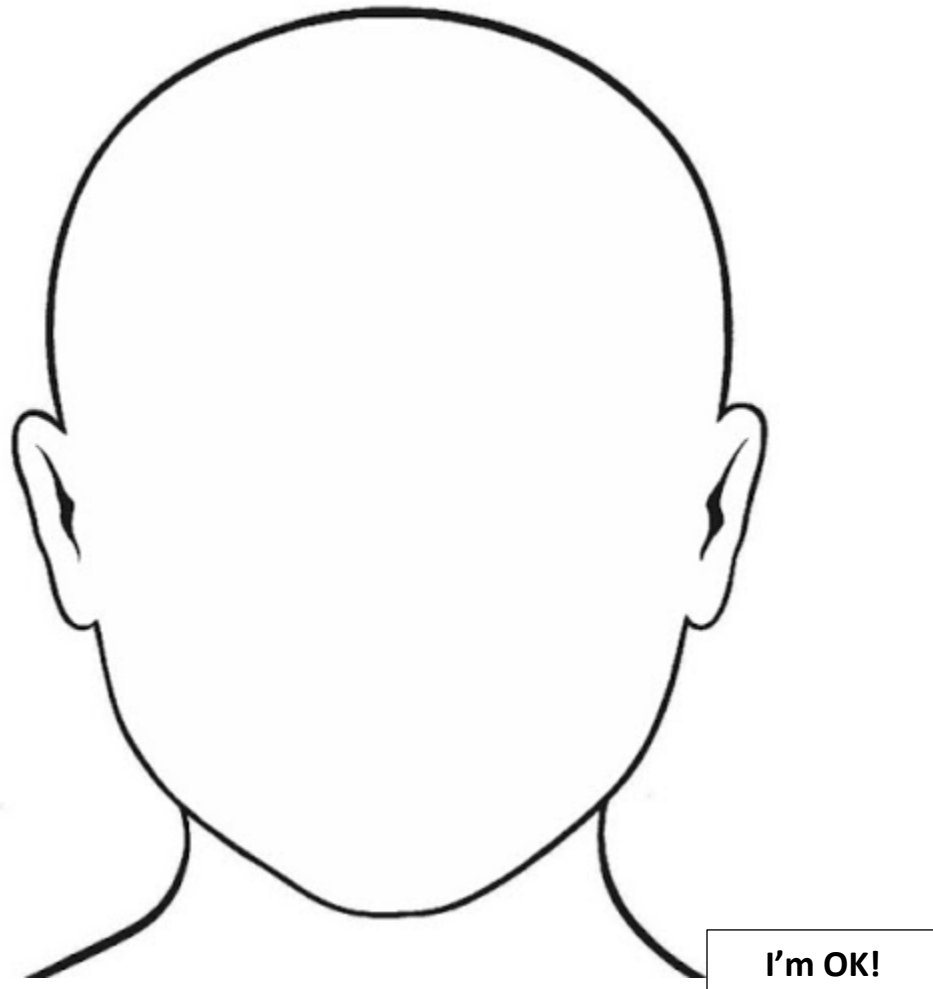
Try to think of some healthy ways you can manage your fear. Write them down.

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Next, draw your face when you feel safe, confident, and calm.



Are there things you do, people you can talk to, or places you go to feel safe, confident, and calm? Explain.

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In the boxes below, write down your thoughts, feelings, and behaviors when you have the “I’m afraid” face versus the “I’m OK” face.

	<b>I’m Afraid!</b>	<b>I’m OK!</b>
<b>Thoughts</b>		
<b>Feelings</b>		
<b>Behaviors</b>		

Think about the thoughts, feelings, and behaviors you have when you’re afraid. What can you do to replace them with thoughts, feelings, and behaviors you have when you are OK?

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### **Reflections on This Exercise**

How helpful was this exercise? \_\_\_\_\_  
(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this activity?

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