**Facing Your Fears**

**Worksheet**

**So often we feel fear, think of our worst-case scenarios, play out the images of things going wrong in our mind and allow fear to hold us back. What about if we faced our fear and met it head on? When we do this it can be really freeing. Most of our fears will never come to pass but by fully embracing and accepting them, they can actually help you to overcome your worries and start focusing on the good things you want to create in your life.**

**In the exercise below, you will take each fear, one at a time, and respond to the questions for every fear you have.**

**The idea of this exercise is to look at what you would do if your fear(s) came true. How would you respond and what action would you take to resolve it?**

**Too much of our thinking time is given to our fears so this exercise works to alleviate these thoughts because if you pre-plan for your worst-case scenario (which more often that not, will not occur) you can free your mind from worrying and know that you have a plan of action/resolution in place.**

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| **My Fear** | **What do I think will happen if my fear comes true?** | **If my fear comes true, what will I do?** |
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