

Examine Your Fears

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notes about this worksheet

Fear. It hits us all, and it can feel pretty overwhelming. You may get a little shiver of icky feelings just reading this.

But I find that if you're able to pause for a few minutes and really examine what you're afraid of, you're better able to face those fears and work alongside them rather than letting them stop you in your tracks.

I made a worksheet to help you do just that, so you can go bravely forward instead of letting fear hold you back!

You can read a bit more about facing your fears at ericamidkiff.com/blog/fear, including a great list of resources that can help you with fears like criticism, self-doubt, and so on.

EXAMINE YOUR FEARS

What are you afraid of? _____

On a scale of 1 to 10, what is the likelihood of this situation taking place? _____

Is the situation something you can control? *Circle your answer.* YES NO IT'S COMPLICATED

Explain your answer. _____

What advice would you give a friend who's facing the same fear? _____

What would make this fear not come true, or make things feel better? _____

Which of those steps could you take to prevent the fear from coming true or make things feel better? *List them below and start taking action!*

- | | |
|-----------------------------|-----------------------------|
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |

What additional steps could you take to make things feel better?

- | | |
|--------------------------------------------------------------------------|-----------------------------|
| <input type="radio"/> Breathe deeply or meditate, clearing your mind | <input type="radio"/> _____ |
| <input type="radio"/> Move your body, turning anxiety into energy | <input type="radio"/> _____ |
| <input type="radio"/> Focus on something else, taking your mind off fear | <input type="radio"/> _____ |

Any final thoughts or self-encouragement? _____
