

# Addressing Your Fears and Discomforts

## Worksheet

One thing that makes you feel fearful, uncomfortable, or stressed.

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What triggers this fear?

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How did this fear come about? What's the root cause for this fear?

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List the facts and evidence that support or discredit this fear.

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After seeing the facts, is this a reasonable fear and if so, why?

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How can you address this fear or what can you learn from it?

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What's the absolute worst-case scenario for this fear?

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What actions will you take if this worst-case happens?

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What positive thoughts or words can you tell yourself as you are addressing this fear?

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How can you reward yourself when you overcome this fear?

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Now that you have a plan, you're ready to face the fear.