

Another block to creating the life that a person wants is their fears.

Session 10

Facing One's Fears

Discusses uncomfortable feelings and thoughts
as well as explores what is involved in
learning how to handle them.

Fear is...

...the feeling of alarm or agitation caused by the expectation or

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realization of danger. Fear is basically good. It protects us from real or perceived danger. Fear often keeps us from doing something that we feel may cause us harm, BUT some fears can be limiting our growth. They can be a carryover from another time in one's life when it was appropriate to protect oneself. Now we no longer need that protection. We may think we do! The fear now is inappropriate and may be preventing us from growing and creating the life that we want. What would you really like to do, but you are afraid to do?

If I were not afraid, I would...

Moving Through the Fear - Individual Worksheet

Complete the following statement - If I were not afraid, I would...

What is the fear that is keeping me from doing that? Complete the following statement. "I am afraid of..."

How does experiencing that fear make me feel? What are the feelings (physical and emotional sensations) that I experience? Be as specific as possible.

What are the thoughts that come to my mind in that situation?

What have I learned from past experiences about how to successfully deal with these feelings and thoughts?

What are some small steps that may help me deal with these feelings and negative thoughts?

What kind of support would I like to have that would help me face this fear and move through it?

Who do I think might be this kind of support for me?

What have I learned about successfully dealing with the feelings that arise when I move out of my comfort zone?

Do I tend to try to avoid the feelings, run from the feelings, or try to tolerate the feelings?

Notes from small group discussion:

Session 10– Review Questions – Facing One's Fears

- 1) What is the relationship of 'fears' to 'comfort zones'?

- 2) The fear behind all fears is that we are afraid that we will not be able to handle the 'feelings' that will arise if we face a particular fear. Give an example of what this means.

- 3) What are some things that you can do to help another person get over some of the fears that is keeping him or her from doing what he or she wants to do?