

# Overcoming Fear Worksheet

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USE THIS WORKSHEET WHEN YOU ARE FEELING WORRIED ABOUT AN OUTCOME, LOW ON CONFIDENCE, OR FEELING LOST.

Future  
Events  
Appear  
Real

The truth will set you free.

- ★ What is the fear that is coming up?
  - What am I worried about?
  - What am I afraid will happen?
- ★ What do I know is true about the situation?
- ★ What is the positive truth that can dissolve this fear?
- ★ What previous evidence do I have that can dissolve this fear?

Ex:

*What is the fear that is coming up?* I won't be able to support my family

*What am I worried about?* Not being able to make enough money

*What am I afraid will happen?* My business won't grow and I will be stuck

*What do I know is true about the situation?* I am committed to supporting everyone

*What is the positive truth that can dissolve this fear?* I show up and work hard

*What previous evidence do I have that can dissolve this fear?* I moved to SF with no jobs and barely any money in the bank 12 years ago and I have supported my way up every year since then, able to afford to live here and take on new responsibilities every year.

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## **NOW, YOU TRY...**

What is the fear that is coming up?

What am I worried about?

What am I afraid will happen?

What do I know is true about the situation?

What is the positive truth that can dissolve this fear?

What previous evidence do I have that can dissolve this fear?

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