5 Steps to Bust Through Fear

1. Acknowledge your fear

Step out of your feelings for the moment and acknowledge reality and say to yourself -

“Right now, I am experiencing fear.”

2. Label your fear symptom

How is your fear showing up? Try to use your own words to describe your fear symptom.

Some examples:

- Procrastination
- Perfectionism
- Feeling stuck
- Overwhelm
- Anxiety
- Depression
- Resistance
- Lack of self confidence
- Avoidance
- Negative self-talk
- Overwhelm
- Apathy
- Feeling powerless
- Depression

Your personal fear symptoms:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
3. **What is the function of my fear symptom?**

What purpose does having this fear symptom serve?
What are you trying to avoid?
**Dig deep on this one to get underneath all the possible layers of your fear symptom.**

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4. **What is the worst-case scenario?**

Describe the worst-case scenario of your fear story. What happens? How do you feel? How do you react?

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Part 2 – Reality check your worst-case scenario

Do you have proof or evidence that this will definitely happen?
Are you predicting the future?
Are you predicting someone else’s behavior, emotions, or feelings?

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5. Creative problem-solving

If your worst-case scenario did really happen, how would you remedy or fix the situation? How would you consciously move through this difficult situation?

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On a scale of 1 – 5, how confident are you with your thoughtful planning that you can recover and bounce back from your worst-case scenario?

1  2  3  4  5

least confident  most confident

If you are between a 1 and 3, you may want to enlist the help of a trusted person in your life to help you develop a plan that would make you feel confident in handling your worst-case scenario.

Next steps –
• Continue to practice these steps using the worksheet every time you experience fear.
• Over time you will notice that these steps become more natural and automatic that you don’t need to use the worksheet.
• I would love to hear how this e-course and worksheet helped you, please e-mail me at info@deahrobinson.com
• You may notice reoccurring fear themes or fear symptoms, if you need further help addressing and overcoming these areas – I can help! Email me at – info@deahrobinson.com