

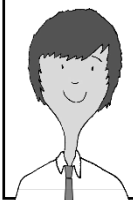
Anxiety & My Fears.

Fear is a part of every person's life. Everyone fears something; some people fear strange things as well as the common ones. People with Anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations. Often, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes leading to panic attacks.

Let us start by grading some of the common things that you may fear.

How would you grade yourself, on a 1 to 4 scale (four means very much) you can also write a comment.

Traits	Grade	Comments
Rollercoasters.		
Going to the Dentist.		
Spiders.		
Snakes.		
Getting things wrong, making mistakes.		
Heights.		
Being told off at home.		
Going new places.		
People falling out with me.		
Wasps.		
Watching a scary movie.		
Being asked a question in class.		
Exams.		
Being bullied.		
Performing in front of an audience.		
Meeting new people.		
Trying a new activity.		
Eating in front of people.		
Other.		



“The people who you think are really brave and courageous are still afraid. They live with the same fear as you do. If the bad news is that fear never goes away, the good news is that it gets easier to work through with practice. With that knowledge, you can stop trying to end fear and instead challenge the feeling. Some celebrities use their fears of going on stage as a positive adrenalin boost. They embrace the feeling”.

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Now we have looked at some common fears & graded them. Let us look closer at your personal fears by completing the Mind Map below.



So looking at the above Mind Map, did you know that the word 'fear' is also an acronym that we can use to challenge these fears?

False	Evidence	Appearing	Real
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Many fears are worries about something that might; & not will happen. You have no actual evidence & we are back to you thinking the worse & looking at the negatives, as it is easier. You probably have no previous knowledge or experience with most of your fears & yet you continue to worry about something that may not be real when challenged.

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Go back to your Mind Map & list below a negative & positive outcome for each fear you initially put down.

Is the positive outcome more realistic to happen than the initial negative thought? On the other hand, is it actually a more likely outcome if you embrace fear & just do it anyway?

Initial Fear	Negative Outcome	Positive Outcome	Most likely Outcome

Self-Target

Set yourself three targets to challenge your initially listed fears & remove them.

- 1.
- 2.
- 3.

*"We'll look at these targets
next session & throughout your
course"*

