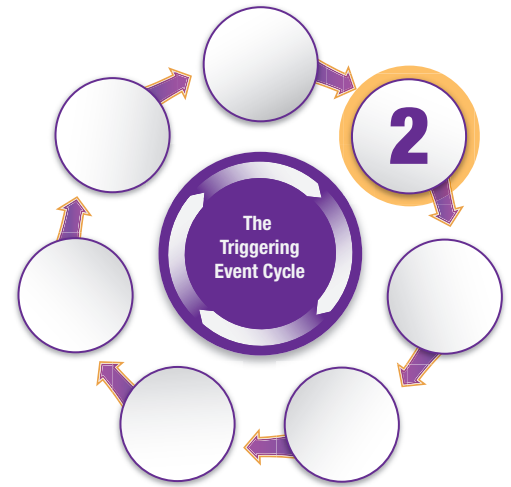


STEP 2: IDENTIFY YOUR FEARS

Directions: Review each fear below and check-off (☑) all that feel familiar to you. Add any additional ones:



- My personal issues will become the focus of the conversation: all eyes will be on me.
- I will lose credibility
- If I cry and show emotion, people will think less of me...
- I won't be able to manage the situation.
- The conversation will "get out of control."
- I won't know enough
- If I challenge, I will be alone without any support.
- I won't be able to express myself clearly; I'll be misunderstood.
- If I am too confrontational or angry, then people will judge me, be mad at me, reject me, ostracize me, etc.
- I will be seen as incompetent and "not good enough."
- I'll let people down.
- People won't like me or approve of me.

- Things won't change.
- I will make a mistake and be wrong.
- People will be disappointed in me.
- If I don't handle this well, people could be hurt.
- Things will be worse off than before.
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Next, reflect on how you reacted in a recent difficult situation that you think may have been fueled by some of your fears. Review the lists of fears as you write about the following:

What fears and anxieties might you have brought into this situation?



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What fears and anxieties may have been restimulated by the triggering situation?



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How did you react based on these fears and anxieties?



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