FIGHTING

WITH FEAR

CREATED BY GALLERY OF HOPE

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WITH FEAR

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WHAT ARE MY FEARS?

WHAT FEARS AFFECT MY THOUGHTS & FEELINGS ABOUT MYSELF AND LIFE?

WHAT FEARS ARE HOLDING ME BACK FROM . . . SUCCEEDING, HEALING, OR LIVING?

THINK ABOUT WHAT I MAY BE ABLE TO DO TO OVERCOME EACH FEAR.
IF NEEDED, RESEARCH HOW TO FACE WHAT I'M AFRAID OF.

MY FEAR: **HOW CAN I OVERCOME IT?**	**MY FEAR:** **HOW CAN I OVERCOME IT?**
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FEAR CAN STOP ME FROM TRYING NEW POSITIVE THINGS, MEETING PEOPLE, ETC.
THIS CAN LEAD TO THINGS LIKE REGRET, NEGATIVE THOUGHTS, AND LONELINESS.

SINCE FEAR CAN ALSO CAUSE THINGS LIKE WORRY, ANXIETY, PTSD, AND PHOBIAS,
SUPPORT FROM A MENTAL HEALTH SPECIALIST MAY BE NEEDED TO FULLY HEAL.

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HOW DID MY FEAR(S) BEGIN?

WHAT IS MY FEAR? _____ **DID IT START AFTER A HURTFUL EVENT?** **(OPTIONAL) EXPLAIN MORE DETAIL:**	**WHAT IS MY FEAR? _____** **DID IT START AFTER A HURTFUL EVENT?** **(OPTIONAL) EXPLAIN MORE DETAIL:**
WHAT IS MY FEAR? _____ **DID IT START AFTER A HURTFUL EVENT?** **(OPTIONAL) EXPLAIN MORE DETAIL:**	**WHAT IS MY FEAR? _____** **DID IT START AFTER A HURTFUL EVENT?** **(OPTIONAL) EXPLAIN MORE DETAIL:**
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WHAT IS MY FEAR? _____ **DID IT START AFTER A HURTFUL EVENT?** **(OPTIONAL) EXPLAIN MORE DETAIL:**	**WHAT IS MY FEAR? _____** **DID IT START AFTER A HURTFUL EVENT?** **(OPTIONAL) EXPLAIN MORE DETAIL:**

FEAR CAN STOP A PERSON FROM: THINKING CLEARLY, BEING ABLE TO RELAX, TRYING NEW POSITIVE THINGS, BEING ACCEPTED, MEETING PEOPLE, LIVING A FULL LIFE, ETC. SINCE FEAR CAN CAUSE THINGS LIKE WORRY, ANXIETY, PTSD, AND PHOBIAS, SUPPORT FROM A MENTAL HEALTH SPECIALIST MAY BE NEEDED.

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WHAT ARE MY ANXIETY/FEAR SYMPTOMS?

**START WITH THE MOST SEVERE OR BOTHERSOME SYMPTOMS,
THEN WORK DOWN, ENDING WITH THE LEAST ANNOYING SYMPTOMS.**

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TO OVERCOME SYMPTOMS, I MUST GET TO KNOW THEM!

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THINKING ABOUT MY FEAR(S)

WHEN THINKING ABOUT MY FEAR(S), WHAT FEELINGS & THOUGHTS SHOW UP?

THOUGHTS & FEELINGS ABOUT FEAR	MAKE IT A POSITIVE STATEMENT
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HURTFUL EVENTS CAN CAUSE ANXIETY, FEAR, WORRY, OR RESTLESSNESS
WHEN I FEEL THIS WAY, WHAT CAN I DO TO RELAX/STAY IN THE MOMENT?

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I WILL LEARN WHAT HELPS TO CALM ME! I WILL TAKE DEEP BREATHS!

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GOING PLACES CAN CAUSE ANXIETY, FEAR, WORRY, OR RESTLESSNESS
WHEN I FEEL THIS WAY, WHAT CAN I DO TO RELAX/STAY IN THE MOMENT?

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I WON'T FEAR! I WILL GO PREPARED! I CAN HANDLE THIS!

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INFORMATIVE VIDEOS/PODCASTS THAT HELP MY ANXIETY/FEAR

YOUTUBE/SOCIAL MEDIA SITES CAN BE GOOD TOOLS FOR FINDING HEALING INFO.

TOPIC/TITLE	WEBSITE/SOCIAL MEDIA INFO
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NOTE: TO PREVENT ACCIDENTLY LOSING A GOOD VIDEO, MAKE A FOLDER IN YOUR EMAIL ACCOUNT TITLED ANXIETY INFO (OR WHATEVER YOU WANT TO CALL IT), THEN EMAIL YOURSELF THE LINKS BEFORE WRITING THEM DOWN.

RELAXATION TECHNIQUES TO HELP OR STOP SPIRALING

WHEN I START TO FEEL INTERNAL OR PHYSICAL SYMPTOMS INCREASING,
WHAT HELPS ME TO RELAX AND GAIN CONTROL BEFORE SPIRALING DOWN STARTS?

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SPIRALING IS A SYMPTOM! IT CAN GET BETTER! I CAN PREVENT IT!

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LIST OF ITEMS & ACTIVITIES THAT HELP PREVENT ME FROM SPIRALING

AS I LEARN ABOUT MYSELF AND WHAT HELPS MY SYMPTOMS, WRITE THEM IN BELOW.

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BREATHE IN, HOLD, AND BREATHE OUT! RELAXATION HELPS ME!

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WHEN IT FEELS LIKE I'M BEING DEFEATED

ANXIETY, FEAR, WORRY, ETC, CAN MAKE IT CHALLENGING TO EXPERIENCE GOOD THINGS THAT LIFE HAS TO OFFER. TO BREAK OUT OF THIS AND HAVE PEACE IN LIFE, WRITE DOWN POSITIVE THINGS I'M WILLING TO DO OR TRY TO GET MY LIFE BACK.

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WHAT HELPS ME FEEL BETTER WHEN FEELING DEFEATED BY SYMPTOMS?

WRITE DOWN POSITIVE THINGS THAT HELP TO LESSEN ANXIETY TYPE SYMPTOMS.

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MY DAY IS GETTING BETTER! I FEEL STRONGER! I HAVE HOPE!

WHY IS IT SO HARD FOR ME TO ASK FOR OR ACCEPT HELP?

WRITE DOWN THE REASON(S) HERE	TURN IT INTO A POSITIVE PHRASE HERE
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SOMETIMES IN LIFE PEOPLE NEED A HELPING HAND
AND AT THESE CHALLENGING TIMES IT CAN BE HARD TO ACCEPT.

WHAT FEARS AFFECT MY THOUGHTS & FEELINGS TOWARDS OTHERS?

WRITE DOWN WHAT FEARS ARE HOLDING ME BACK FROM CARING, LOVING, OR SHOWING MERCY, KINDNESS AND COMPASSION TO OTHERS?

WRITE DOWN INFORMATION ABOUT MY FEAR(S) LIKE: DID AN EVENT HAPPEN IN MY PAST THAT AFFECTS HOW I TREAT OTHERS TODAY IN THE PRESENT? DOES MY FEAR DEAL WITH JEALOUSY/ANGER? WHAT SITUATION(S) CAUSED FEAR TO BEGIN/GROW?

ALSO WRITE DOWN WHAT I MAY BE ABLE TO DO TO OVERCOME MY FEAR(S)?

MY FEAR: **ABOUT MY FEAR:** **HOW CAN I OVERCOME IT?**	**MY FEAR:** **ABOUT MY FEAR:** **HOW CAN I OVERCOME IT?**
MY FEAR: **ABOUT MY FEAR:** **HOW CAN I OVERCOME IT?**	**MY FEAR:** **ABOUT MY FEAR:** **HOW CAN I OVERCOME IT?**
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MY FEAR: **ABOUT MY FEAR:** **HOW CAN I OVERCOME IT?**	**MY FEAR:** **ABOUT MY FEAR:** **HOW CAN I OVERCOME IT?**

FEAR OF OTHERS/FEAR OF SHOWING KINDNESS, CAN LEAD TO THINGS LIKE ANXIETY, REGRET, PTSD, NEGATIVE THOUGHTS, LONELINESS, WORRY, ISOLATION, AND PHOBIAS.

SUPPORT FROM A MENTAL HEALTH SPECIALIST MAY BE NEEDED TO FULLY HEAL.

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