

# FIGHT YOUR FEARS

FEAR ANALYSIS QUESTIONS





4. What thoughts am I trying to avoid?

5. When do I feel most afraid?

6. What things trigger my fear?

7. How is this fear hurting my relationships?

8. How is it keeping me from being happy?

9. How is it hindering me from achieving my goals?

10. How is it taking me out of the present?

11. How is it affecting my health?

12. What opportunities will I miss out on if I give into my fear?

13. How would it change my life if I wasn't afraid?

14. Which elements of this fear are NOT under my control?

15. Am I wasting time and energy on things I can't control?

16. Which things are under my control?

17. What actions will I take to reduce the *biological* symptoms of fear (exercise, breathing)?

18. How can I replace fear with gratitude?

19. What steps will I take to be mindful and present?

20. Who can I enlist to help me overcome my fears (friend, therapist)?