



A Harmonious Life
AHLL
AUTHENTICITY COACHING
BUSINESS CONSULTING

Processing Your Feelings of Fear

PDF WORKSHEET

The Situation

I am so afraid that _____

The evidence I have to support this fear is _____

I believe that this is strong evidence because _____

Constructive Pessimism



The worst case scenario in this situation is... _____

If this happens, the steps I will take to overcome this challenge are _____

If this happens, the mindset I will adopt is one of _____

Gratitude



The things in my life that I am grateful for right now are _____

Even if the worst case happens, I will still have _____

Action Steps



The things I can do to reduce or eliminate this threat are _____

The thing that makes the most sense to start with is _____

The next thing that makes the most sense to do is _____

Beliefs you have about yourself or the world.



This situation scares me because I believe _____

If I didn't believe this to be true I would be able to _____

What actions and/or shifts in mindset need to happen for me change this belief?

You feel that the fear is valid because of a distrust of yourself or others.



I am afraid because I think that {a particular person or people} are going to _____

I believe this because _____

The evidence I have to support this NOT being true is _____

You don't feel confident that you will be able to get your needs met in the future.



I am afraid that I am never going to be able to _____

I feel like this is true because _____

The evidence I have to support this NOT being true is _____

You feel helpless and paralyzed and are therefore unable to take proactive action.



I feel like there is nothing I can do in this situation because _____

If there was anything I could do about this situation it would be _____

If I could shift my thinking about this situation, it would be to the mindset of _____

The situation is triggering you because it is reminding you of something.



This situation makes me so scared because it reminds me of _____

Another time I felt this way was _____
