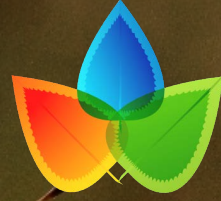


WORKSHEET



DanTrep

HEAL THE FEAR

How to Create Habits That
Conquer Your Fears

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How to Create Habits That Conquer Your Fears

We naturally avoid what we fear, but avoiding things that frighten you can derail your life and create many challenges. Most fears are based on nothing but speculation and ancient ways of thinking. Habits are one way to defuse your fears and live the life you were meant to live.

Answer these questions to gain a better perspective of how fear might be controlling your life and how you can regain control:

1. What challenges in my life right now are caused by my inability to overcome my fears? What were the actions I should have taken instead?

2. What is likely to happen if I continue to avoid the actions that create a fear response in my body?

3. How do I experience fear? What does it feel like in my body?

4. What are three ways I could be more courageous today?

8. What is the fear that makes the most negative impact on my life?

9. What are some actions that can help desensitize me to this fear?

10. How can I make these actions habits?