

## Instructions

Use this worksheet to explore how to manage fear in your life. Answer the questions below thoughtfully and reflectively.

### Understanding Fear

What are some common fears that people experience? List at least three.

How do these fears typically affect your daily life or decisions? Write a few sentences.

### Identifying Personal Fears

What are some fears you personally struggle with? Describe them.

Why do you think these fears hold power over you? Reflect on the underlying reasons.

### Strategies to Overcome Fear

List at least three strategies you could use to manage or overcome your fears.

Choose one of these strategies and explain how you would implement it in your life.

### Seeking Support

Who can you talk to about your fears? List at least two people and why you would choose them.

How might talking to someone help you deal with your fears? Write a few sentences.

**Reflection**

Reflect on a time when you faced a fear and overcame it. What did you learn from that experience?