

The Essence Of Fear

Complete the following chart.

The Five Greatest Fears Or Concerns That I Have					
Identify The Fear	How Can I Prepare Myself, Mentally?	What Can I Do To Change The Situation?	If I Must Cope With The Fear, How Will I Do That?	What Will Happen If I Avoid Or Ignore The Fear?	What Might Happen If I Prepare Myself For The Situation?

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