

Fear Therapy Worksheets

The first step is always the realization and acceptance that you are fearful of certain things, take time and think about what makes you fearful

Realize that the threat is REAL or IMAGINARY

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Create a list of the things that provoke your fear and rate the level of your anxiety

Feared situation	What I feel or go through		Rate the level of your anxiety (1-5)
	Emotions	Physical sensations	



Do cost (cons) and benefit(pros) analysis of facing your fears	
Cost(disadvantages)	benefit (advantages)



Coping skills to practice while facing your fears

Use self-motivating statements e.g I can do this..., It is easy to do.

Visualize yourself as unafraid. Imagine yourself facing that situation and feel that you are enjoying it. e.g imagine that you are in the elevator along with your friend, everything is so good and you both are enjoying it.