

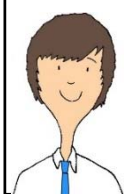
## Anxiety & My Fears

Fear is a part of every person's life. Everyone fears something, some people fear really strange things as well as the common ones. People with Anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations including attending school. Often, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes leading to panic attacks.

Let's start off by grading some of the common things that you may fear.

How would you grade yourself, on a 1 to 4 scale (4 means very much). You can write a comment if you wish.

Traits	Grade	Comments
Rollercoasters		
Going to the Dentist		
Spiders		
Snakes		
Getting things wrong, making mistakes		
Heights		
Getting told off at home		
Going new places		
People falling out with me		
Wasps		
Watching a scary movie		
Being asked a question in class		
Exams		
Getting bullied		
Performing in front of an audience		
Meeting new people		
Trying a new activity		
Eating in front of people		
School		



*"The people who you think are really brave and courageous are still afraid. They live with the same fear as you do. If the bad news is that fear never goes away, the good news is that it gets easier to work through with practice. With that knowledge, you can stop trying to end fear and instead challenge the feeling. Some celebrities use their fears of going on stage as a positive adrenalin boost. They embrace the feeling".*

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Now we have looked at some common fears & graded them. Let's look closer at your personal fears by completing the Mind Map below.



So looking at the above Mind Map, did you know that the word 'fear' is also an acronym that we can use to challenge these fears?

False	Evidence	Appearing	Real
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A lot of fears are worries about something that might happen however you have no actual evidence & we are back to you thinking the worse & looking at the negatives as it's easier. You probably have no previous knowledge or experience with many of your fears & if you do what says it will be the same again now

## Anxiety & My Fears

Go back to your Mind Map & list below a negative & positive outcome for each fear you initially put down.

Is the positive outcome more realistic to happen than the initial negative thought? Or is it actually a more likely outcome if you embrace fear & just do it anyway?

Initial Fear	Negative Outcome	Positive Outcome	Most likely Outcome

### Self-Target

Set yourself three targets to challenge your initially listed fears & remove them.

- 1.
- 2.
- 3.

*"We'll look at these targets  
next session & throughout your  
course"*

