



# What Am I Afraid Of



**Describe a fear that tends to plague you:**

**What I am afraid of?**

**What's actually true?**

1. Bring to mind a concern, worry or situation that is causing you stress and anxiety. Briefly describe it in the top box entitled, The concern or situation. Ask yourself, in this situation: "What am I afraid of." Record your answer in the left column.
2. Then ask yourself, "If this fear were true, what am I afraid of." Record it. "And if this fear were true, what am I afraid of."
3. Record it. Repeat three more times or until you sense you have reached the bottom of your anxiety about this situation.
1. Look at each of your fears one at a time. Are you 100% certain this is true. If the answer is no, look at this fear realistically. What statement comes closer to the truth about this. Record that statement in the right column.
2. Go through the list of fears, repeating steps 1 and 2 for each of your fears. Next, read the What Am I Afraid Of column, as if reading a story. "How does that feel." Then read the Inquiring if It's True column, again, as if telling a story. "How does that feel." Which did you choose to believe when stressed. Ask yourself, "Who would I be without these fears."