

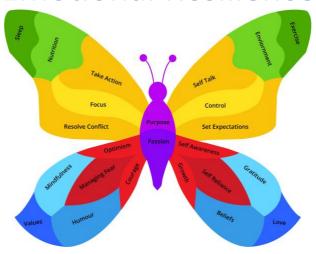




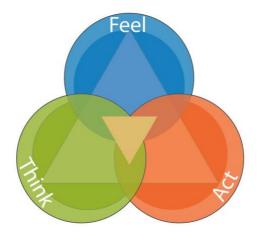
Building a Resilient Mindset One Day at a Time



Module Two Emotional Resilience



Managing F.E.A.R. Workbook



Six seconds ©

Future Events Appearing Real

"Often we think I'll do it when I am not so afraid. But in reality, the doing it comes before the fear goes away. The only way to get rid of the rear of doing something, is to go out and do it" Susan Jeffers

Write down a situation when your fear of doing something left you in a dilemma.					

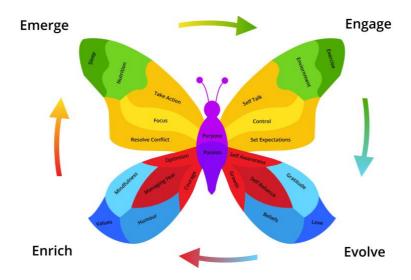
What were elements you were afraid of?
Why were you afraid of these elements?
What did you consider the worst thing that would happen if you went ahead with what yo wanted to do?
What did you consider the best thing that would happen if you went ahead with what you wanted to do?

What did you do?
Were you happy with your course of action?
How did it turn out?
If faced with this situation again, what would you do differently, if anything?
What did you learn about yourself having gone through this?

How can you use this knowledge in the future to help you in dealing you're your fears?					

Don't worry, be happy!

Do you worry about things that haven't happened yet? This can be a habit. Putting yourself forwarding into the future and then living through various scenarios that might happen and even some that actually really won't. Your brain reacts as if you are actually in that situation, flooding your system with cortisol and adrenaline as if you are in a stress situation, even though it is still in your imagination.



Next time you find yourself worrying, observe yourself. What are you imagining?					

Are you operating from distorted thinking, as described in the lesson?
How can you reframe this thinking?
How can you bring yourself back, from future thinking to the present?
When you do this, how do you feel?

Notice the patterns? Working through the butterfly process above explore how you can develop more positive patterns and ways of embedding less worry in your life.					

