

# Facing My Fears Worksheet

**This week I am going to try:**

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**This is what I predict will happen when I try to face this fear:**

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**Some thoughts I might have are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Some feelings I might have are:**

<i>embarrassed</i>	<i>anxious</i>	<i>inferior</i>	<i>lonely</i>	<i>hopeless</i>	<i>ashamed</i>
<i>sad</i>	<i>frustrated</i>	<i>worried</i>	<i>jealous</i>	<i>confused</i>	<i>hurt</i>
<i>mad</i>	<i>annoyed</i>	<i>irritated</i>	<i>disappointed</i>	<i>angry</i>	<i>scared</i>

**Helpful coping thoughts for me include:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

If I get through it, I can reward myself with:

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**Keep at it! Practice facing the same fear 4 times**

1.

Date	Anxiety rating before (1-10)	Anxiety rating after (1-10)

2.

Date	Anxiety rating before (1-10)	Anxiety rating after (1-10)

3.

Date	Anxiety rating before (1-10)	Anxiety rating after (1-10)

4.

Date	Anxiety rating before (1-10)	Anxiety rating after (1-10)

**This is what actually happened when I practiced facing my fear:**

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**What I learned from practicing my fear:**

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