

OUT WITH IT!

An action plan to conquer fear

Materials: Worksheet copies, pens or pencils

Directions: Read the worksheet, complete the activity and discuss as a group.

It's the first day at your new school... and you're scared you won't fit in. As lead actor in the school play... you're worried you'll forget your lines.

So many fears!

Without controlling our thoughts and unease, fear can escalate and prevent us from enjoying our lives.

Today, let's start working on conquering our fears. Let's create an action plan!

STEP ONE

Think about your fears. What are you afraid of? Why are you afraid? Who can help you overcome your fears? As you explore your feelings, write them on the worksheet.

STEP TWO

We'll share our plans to conquer fear with the group.



MY PLAN TO CONQUER FEAR

My fear is

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To get help in conquering my fear, I will talk to

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.....

Even though I might be afraid, I will try to

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.....

My goal date to conquer my fear

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My reward for conquering my fear will be

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