

Talk To Your Fear

Write a letter to one of your fears describing your feelings about this fear and how much time you devote to worrying about it.

Describe how this fear affects your life and the lives of those around you. Describe what you will do to stop being afraid of this situation.

You, _____
_____, are my fear.

My feelings about you are _____

_____.

I spend _____ time worrying about you because _____

_____.

This affects my life _____

_____.

It also affects those around me by _____

_____.

This is what I am going to do about my fear of you _____

_____.