



Facing Your Fear Worksheet

Four Practical Steps

I am so proud of you! Facing your fear is no easy task. But I believe in you. I know you can do it. Be prepared to dig deep and be brutally honest with yourself. Enlist a friend for support and discussion as you uncover your fear, and the reasons for it. And finally, ask God to give you courage and strength as you walk this road.

1. Admit that you have a fear and write down what it is. How did this fear come to be? Was there a past experience that caused the fear? Discuss this fear with your enlisted friend.

Chickening ~~OUT~~ ^{IN}

FROM FEAR TO COURAGEOUS FAITH

2. What are you afraid of? List all your reasons.

Look at your list of reasons and dig deeper. Is there a root fear that is being overlooked? Some fears are easier to deal and they mask the deeper fear that is holding you back. Dig deeper to the fear you really don't want to admit.

Chickening ~~OUT~~ ^{IN}

FROM FEAR TO COURAGEOUS FAITH

3. If you face your fear what is the worst case scenario? List them here.

...Can you live with it...if the worst case scenario happens?

4. How will you feel in 10 years if you never face your fear? What will you regret?

Chickening ~~OUT~~ ^{IN}

FROM FEAR TO COURAGEOUS FAITH

5. What courageous action steps can you begin to take today? List everything you can think of and circle the first step you will take. Put a date on that action step and commit to taking it. Remember it doesn't have to be a leap...a tiny baby step in the right direction will begin to build your confidence. Fear will fade as you move forward towards it.

You are well on your way to facing your fear. I'm so excited for you and I am cheering you on! I'd LOVE to hear how you are facing your fear! Please send me a note at jj@chickeningIN.com or connect with me on Facebook or Instagram @chickening_in.