

We feel fear when we are threatened. We believe something bad may happen. Humans often interpret threats where there isn't any physical danger. We catastrophize, we imagine “what if that bad thing happened” and then we believe that it will be awful, and life threatening and unsurvivable. And sometimes we start to believe that if we worry about it we can prevent it from happening. But all we really do is create anxious feelings in ourselves.

So when you start to feel fearful or anxious, ask...

What am I afraid of?

Imagine that what you are afraid of is really happening.

What would I do if what I fear was really happening to me? What resources do I have to cope? Who would I ask for help?

Is there something I can do to protect myself?

(And/or the person I am concerned about the bad thing happening to.)

What is the belief leading to the fear?

Evaluate the belief. Is the fear realistic?

What are some alternative beliefs that would lead to a different outcome?

What is the likelihood of the thing I fear really happening?

Are alternative beliefs as likely to be true?

If my fear comes true, I could...

Once you have done the things that are within your control, can you let go of the fear of what you cannot control?