

OVERCOMING FEAR

TO TAKE ACTION

Instructions:

This worksheet will help you take advantage of "implementation intentions," a process that has been shown in studies to reduce fear and boost emotional control.

Begin by documenting the task you need to perform. Then write down your thoughts & feelings about the task, internal obstacles such as fears, worries, concerns, etc. In the third column, reflect on the benefit of completing the task. How will you feel once it's done? What's the potential upside of finishing it?

After you've done this, move on to page 2.

TASK	FEELINGS & THOUGHTS ABOUT IT	BENEFIT

Instructions:

Now it's time to put your implementation intentions in place. In column 1, write down potential obstacles you could hit completing the task. For example, maybe you procrastinate or perhaps you go the other direction and overprepare. Consider how you're most likely to self-sabotage.

In the second column, create a plan to overcome the obstacle. In other words, create a contingency. Use the format: IF an obstacle arises (internally or externally), THEN I will take this action to overcome that obstacle.

For example, "If I get nervous speaking up, then I'll take a deep breath to compose myself" or "If I start doubting myself, then I'll talk to a colleague to get perspective."

Then it's time to execute! Fear, conquered.

OBSTACLE	IF / THEN