Facing My Fears Worksheet

This week I am going to try:

Some thoughts I might have are:

1)

2)

3)

Some feelings I might have are:

- embarrassed
- anxious
- inferior
- lonely
- hopeless
- ashamed
- sad
- frustrated
- worried
- jealous
- confused
- hurt
- mad
- annoyed
- irritated
- disappointed
- angry
- scared

Helpful coping thoughts for me include:

1)

2)

3)

If I get through it, I can reward myself with:
Keep at it!
Practice facing the same fear 4 times

1. Date ____________________________
   Anxiety rating before (1-10) ______
   Anxiety rating after (1-10) ______

2:  Date ____________________________
    Anxiety rating before (1-10) ______
    Anxiety rating after (1-10) ______

3:  Date ____________________________
    Anxiety rating before (1-10) ______
    Anxiety rating after (1-10) ______

4:  Date ____________________________
    Anxiety rating before (1-10) ______
    Anxiety rating after (1-10) ______