



WellCast

CONQUERING YOUR FEAR



DATE _____

Facing your fears can be tricky business.
Use these steps to help you conquer them!

- 1 Put your FEAR under a microscope. Write down what you're most afraid of!
- 2 Put your fear into context. What's the worst that can happen? (Be reasonable...)
- 3 Now RATIONALIZE. Look up facts!
- 4 Now force yourself to physically relax. Seriously.
- 5 Acclimate yourself to your fears (as long as it's reasonably safe).

You can do it!