



# BE UNSTOPPABLE

COACHING



## Facing Fears

Tool and Worksheet





## Facing Fears

---

Fear is psychologically the biggest influencer that debilitates humans toward the achievement of anything. People fear the unknown, failure, being rejected, being not good enough, making mistakes, being 'real' and many other factors that challenge a person's ability, identity or worth.

When an individual experiences fear, regardless of if the fear is real (like a physical or emotional threat) or perceived (like feeling afraid to change careers), the psychological impact triggers the evolutionary survival mode: fight, flight or freeze response, which is shown physically through a racing heart, quick breathing, panic or anxiety, tense muscles, clouded mind and/or the urge to 'run' (literally or metaphorically). When a person is experiencing the fight, flight or freeze response, their ability to make a rational and emotionally controlled decision is greatly compromised, hence learning to understand and control fear is an essential skill for building resilience.

Developing resilience is about facing fears and challenging yourself to push through the fears that cause anxiety, stress, self-limitations and inhibit progress towards achieving goals. Fear can be viewed through two lenses: "False Evidence Appearing Real" or "Face Everything And Rise". Being resilient is facing the fear and rising through it.

### Steps to Overcome Fear

- |                           |  |
|---------------------------|--|
| 1. Identify the fear.     | What are you afraid of?  |
| 2. Identify the message.  | What is the fear and emotion telling you?  |
| 3. Identify the goal.     | What do you actually want? Why do you want it?   |
| 4. Identify the excuses.  | What do you say to yourself to stop you from doing what you want?  |
| 5. Identify the strategy. | What are you going to do to overcome the fear and progress towards the goal?   |
| 6. BE RESILIENT           | Be prepared to fail, make a mistake, fall over, make a bad choice, break a plan ... and face the challenges with the mindset that you will not let anything stop you from achieving what you want. |

*Answer the following reflective questions ...*

Describe a circumstance when you felt fear ... What happened? What did you do?

---



---



---



---



---



What goals in your life are not being achieved as a result of your fear?

---

---

---

---

Identify a current situation you feel fear about ... What is the situation?

---

---

---

---

**Now ... Work Through the Steps to Overcome Fear**

Identify the fear ... What are you afraid of?

---

---

---

---

Identify the message ... What is the fear and emotion telling you?

---

---

---

---

Identify the goal ... What do you actually want? Why do you want it?

---

---

---

---



Identify the excuses ... What do you say to yourself to stop you from doing what you want?

---

---

---

---

Identify the strategy ... What are you going to do to overcome the fear and progress towards the goal?

---

---

---

---

### BE RESILIENT ...

Be prepared to fail, make a mistake, fall over, make a bad choice, break a plan ... and face the challenges with the mindset that you will not let anything stop you from achieving what you want.

What is the worst that can happen if something goes wrong or I fail?

---

---

---

---

What can I do to overcome the challenges?

---

---

---

---

What do I need to develop in my mindset to help me be more resilient?

---

---

---

---



## Facing Fears ... Action Goals

---

What action goals are you going set to develop more resilience and face your fears? Take into consideration what you have reflected on and the insights you have gained through this worksheet, to help you write goals and action steps below.

Remember that developing resilience is about facing fears and challenging yourself to push through the fears that cause anxiety, stress, self-limitations and inhibit progress towards achieving goals. Fear can be viewed through two lenses: “False Evidence Appearing Real” or “Face Everything And Rise”. Being resilient is facing the fear and rising through it.

### GOALS

---

---

---

---

---

---

---

---

---

---

### ACTION STEPS

---

---

---

---

---

---

---

---

---

---