

Deconstruct Your Fears With This CBT Guide

If you have a plan for the worst case scenario, then it becomes easier to take a chance on the best case scenario.

If you had to put your fear into one sentence, what would it be?

Where might this fear come from?

1 Read your fear to yourself. What related thoughts pop up?	2 What can you logically challenge in these thoughts?

If you didn't avoid your fear, what's the worst that could happen?

How realistic or likely is that scenario?

If the worst case scenario happened, how could you move forward?

Most importantly: if you didn't avoid your fear...what's the best thing that could happen?

What plan of action is most likely to help you feel better—avoiding or facing your fear? Why?