



# Five steps to facing your fears

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**Step one: What is the situation or activity you want to face?**

**Step two: What are your fears?**

What's the worst thing that could happen? How real are your fears?

**Step three: Work out a plan to help you cope and manage your fears.**

Plan to use your new skills to manage this situation.

- Use relaxation techniques and breathing exercises.
- Challenge any unhelpful thinking styles.
- Practise Mindfulness.

| Action plan |  |
|-------------|--|
| 1           |  |
| 2           |  |
| 3           |  |

|   |  |
|---|--|
| 4 |  |
| 5 |  |
| 6 |  |
| 7 |  |
| 8 |  |

**Step four: Face your fears and do it!**

Remember it is normal to feel some anxiety – stay positive and use your new skills to help you stay in control. Go steady and take it one step at a time.

**Well done!** Facing your fears is the first step to overcoming them.

If you didn't manage to do it this time – don't give up. Review your plan and try again next time.

**Step five: Review: how did it go?**

Was it as bad as you expected? What did you learn?

Faced with the same situation how will you feel next time?