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**Taming the Fear Journal Page**

| Writing Prompt | Your Thoughts | Hints |
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| Embrace it: A fear I want to embrace and overcome is… |  | *What are my fears and what do I want to focus on? It can be useful to make notes when you’re feeling fear to identify your focus.* |
| Own it: This fear is triggered when… |  | *Why am I afraid? What events, people, words, things, or situations cause this fear? Where does it come from? How do they make me feel?* |
| Share it:I feel safe to share it with… |  | *What are trusty-worthy social resources can I share my fear with?*  |
| Tame it:I will tame my fear by… |  | *Make a fear ladder. List action items you can take to tame your fear. Categorize them from least to most scary and start at the top with the least scariest.* |
| Learn from it:I have learned… |  | *How has this process affected me? What have I learned about my fear and myself?**How will I continue to tame it? Do I want to put this on my vision board?*  |