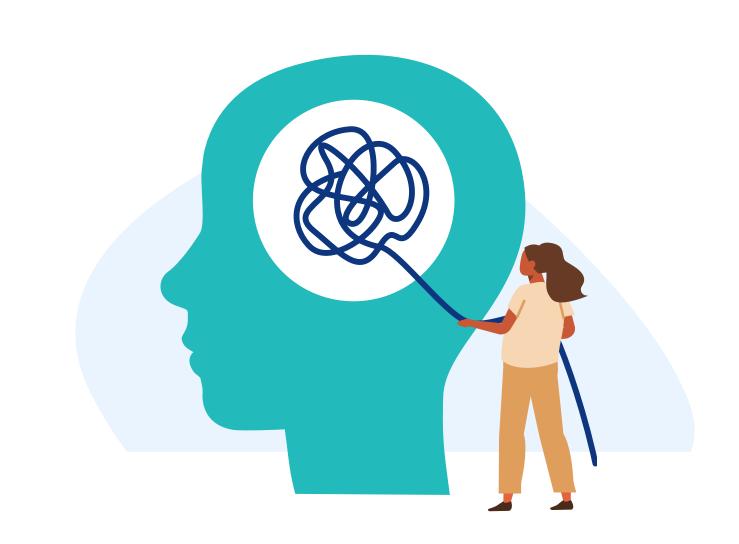
Exercise sheet

ITAME MY FEAR



Emotion	Body	I think differently	I act differently	Imagery
What emotion do I feel ? What am I thinking about?	What do I see in my body?	I breathe in, I breathe out. What are the triggers? How can I see things differently? What would I say to someone else in the same situation? Is my reaction in proportion to the magnitude of the event? I take a step back!	What's the most effective action? What will be best for me, for the others and for the situation? Does it correspond to my principles and my values?	If this emotion had a colour, what would it be? What shape would it have? How big is it? What consistency? If I felt better, what would the colour be? And the shape? Its size? Its consistency? I note the feeling now





Exercise sheetI TAME MY FEAR

Example: Anxiety Something awful is going to happen. I won't be able to cope.	Answer: Adrenaline - the body's alarm system. Activated to fight or flee. Emergency action: escape and avoid	Is it a real threat or is it not really going to happen? Am I exaggerating the threat? Did I misunderstand the situation? I feel bad, but that doesn't mean to say that things are really so bad. I can deal with these feelings, I've been there before and I got out of it. What would someone else say about it? What would be another more useful way to see things?	How is it going to affect me in the long term? I won't avoid it, I'll do something and hold on. I'll start to resolve the problem or I'll make plans if necessary. I do things one step at a time. I focus on taking care of myself rather than what's going on inside me.	I imagine myself facing a situation where I'm anxious or worried. I see the situation end with success. I visualize blue for calm. I breathe in blue and I breathe out red.
I practice				



