

# Exercise sheet

## I TAME MY FEAR



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

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<p><b>Example:</b>  <b>Anxiety</b>  <b>Something awful is going to happen.</b>  <b>I won't be able to cope.</b></p>	<p><b>Answer:</b>          Adrenaline - the body's alarm system.          Activated to fight or flee.          Emergency action: escape and avoid</p>	<p>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?</p>	<p>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.</p>	<p>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.</p>
<p>I practice</p>				