

EXERCISE 3.A

ANALYZE THE PROBABILITY OF A FEARED EVENT

Many of our fears grow in their intensity without us ever stopping to analyze their exact nature, their causes, their probabilities of occurrence, the amount of control we might have over the situation, and the very real outcomes that are possible if our fears were realized. This exercise will help you thoroughly review your fears. As you rationally analyze the nature and cause of your fear and its real outcome, the fear will dissipate and your ability to cope will increase. Take this step-by-step approach in looking at two of your greatest fears and then bring this analysis to your counselor for a thorough processing and reinforcement of coping skills.

1.

My	First Fe	ear is								
A.	What	is the fea	r or anxi	ety abou	ıt?					
B.		is the pos	-		-	-		0 (inevit	table) th	at the feared
	1	2	3	4	5	6	7	8	9	10
C.	What	self-talk	message	s do you	give you	rself tha	t make t	he fear g	grow?	
D.	What:	are the v	ery real (consequ	ences if t	he feare	d outcor	ne did oo	ccur?	

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E.	What can you do to control the outcome of the situation that you fear?											
F.	What is the worst possible real outcome if your fear was realized?											
G.	How would your life be affected if your feared outcome actually happened? How you cope or continue to function?											
My A.	Second Fear is What is the fear or anxiety about?											
B.	What is the possibility on a scale of 1 (very unlikely) to 10 (inevitable) that the outcome will actually happen? Circle one number.	he fe										
		10										
C.	What self-talk messages do you give yourself that make the fear grow?											
D.	What are the very real consequences if the feared outcome did occur?											

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What can you do to control the outcome of the situation that you fear?
What is the worst possible real outcome if your fear was realized?
How would your life he affected if your feared outcome actually happened? How would
How would your life be affected if your feared outcome actually happened? How would you cope or continue to function?

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