



Conquering Your Fear Worksheet

Instructions:

Find a quiet, comfortable place. Think of a stressful situation. For example, an argument. Complete the sentences below. Use simple, concise sentences.

1. In this situation, who/what angers, confuses, hurts, saddens, or disappoints you, and why?

I am _____ with _____ because _____

2. In this situation, how do you want them to change? What do you want them to do?

I want _____ to _____

3. In this situation, what advice would you offer them?

_____ should/shouldn't _____

4. In order for YOU to be happy in this situation, what do you need them to think, say, feel, or do?

I need _____ to _____



5. What do you think of them in this situation? Be true to yourself; don't worry about being petty or judgmental.

_____ is _____

6. What is it about this situation that you don't ever want to experience again?

I don't ever want _____

Next, question each of your statements above, using the 4 questions of Byron Katie's The Work, below. For the turnaround to statement #6, replace the words 'I don't ever want' with 'I am willing to' or 'I look forward to'. As you visualize your situation, contemplate how each turnaround is as true or truer.

The four questions:

1. Is it true? (Yes or No. If 'No', move to question #3).
2. Can you absolutely know that it's true? (Yes or No)
3. How do you react when you believe that thought?
4. Who or what would you be without that thought?

Source: Byron Katie's The Work, thework.com