

How's Your Relationship with Fear?



SELF-CHECK:

I follow through on my plans.

Y

N

I feel calm in emergencies.

Y

N

I am comfortable in my surroundings.

Y

N

I tend to trust my instincts & act on them.

Y

N

I am relaxed about changes in my life.

Y

N

I can focus under pressure.

Y

N

I am not ashamed of being afraid.

Y

N

I can say, "I am scared" when I'm scared.

Y

N

I can identify fear in other people.

Y

N

If you answered 100% of questions with a "yes," you have a great relationship with Fear. (It's normal not to get 100%.)