

Transforming Fear Into Forward Movement

A reflection exercise to help you face your fears and move through them

Step 1: Name Your Fear

Write down a fear that's been holding you back. Try to be specific.

Example: "I'm afraid of putting myself out there because I might be rejected."

I'm afraid of _____

Step 2: What's Beneath It?

Ask yourself: What is this fear protecting me from? What am I really afraid of?

Example: "I'm afraid of feeling unworthy if I get rejected."

→ This helps you connect fear to deeper emotional needs like acceptance or safety.

I'm afraid of _____

Step 3: Change the Story

What are you telling yourself when fear shows up? Write it down.

Then, rewrite it from a place of strength and self-compassion.

Old story: "If I fail, it means I'm not good enough."

New story: "If I fail, it means I tried—and I can grow from it."

Old story: _____

New story: _____

Step 4: One Small Step

What is one small action you can take, even with fear present?

Examples: Send the email.

Say what you feel.

Apply for the job.

Start the project.

Your answer: _____

Final Reflection

Fear is a signal, not a stop sign.

What would change in your life if fear wasn't in charge?

