



FACE YOUR FEARS

WORKSHEET #3

FACE YOUR FEARS

"Fear is a reaction, Courage is a decision".
- Winston Churchill

When you are feeling anxious, fearful, angry or overwhelmed stop to ponder where those feelings are coming from. Thinking about your thoughts is called metaphysics.

Metaphysics is like a skeleton key to a carefully locked gate that bridges your conscious thoughts with your unconscious reactions. It's in this space that your brain allows you to be both an observer, to discover why you are doing certain things, as well as a master programmer to manually override your automatic responses.

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It's a pretty amazing function, but it only works if you hold the skeleton key to get into your brain's master control room. That key is a series of questions that open the lock. Thank goodness the brain is a sucker for questions and can't help but try to answer them when asked.

Complete workseet 2, take action, and watch for your next step.

If you have not read the [Face Your Fear](#) blog, read it before you do this worksheet.

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“Do not conform to the pattern of this world but be transformed by the renewing of your mind.”
Romans 12:2

“Courage is not the lack of fear. It is acting in spite of it.”
- Mark Twain

3. Flip Your Fears

You have a decision to make. Are you going to let fear rule your life, or are you going to move forward despite them?

List the surface fear you identified in worksheet #1:

List the core fear you uncovered in worksheet #2:

Write down the counter-truth (scripture, promise, goal) that you want to replace this fear.

Write the following statement:

I am afraid of _____

BUT, _____

Every time your heart begins to fear, acknowledge it, then immediately interject your new “BUT...” statement. Do this until that fear is replaced with courage. Go back to your list of fears and follow these steps for each of them.