



FACE YOUR FEARS

WORKSHEET #3

FACE YOUR FEARS

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

Now that you've discovered the underlying reason for your fear, we can address it at the root level.

Almost everything boils down to one of the 7 Essential Elements required for emotional safety and since these are rooted in survival instincts you'll never convince your brain they are not real and legitimate fears.

You have a decision to make. Are you going to let fear rule your life, or are you going to acknowledge your fears and move forward in spite of them?

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When you acknowledge your fears your brain stops reacting with fight or flight responses if your conscious brain makes a plan to deal with it.

Here's an amazing Brain Hack!

Next time you feel afraid, say, "Yes, that seems true, BUT..." (fill in the BUT with a new truth. It can be a scripture or a promise, or a commitment to a goal. Armed with your new truth, your brain will slowly rewire to respond to it instead of the fear. Your fear literally becomes the catalyst for your victory.

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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.