



# FACE YOUR FEARS

## WORKSHEET #2

## FACE YOUR FEARS

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

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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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*Fear not, for I am with you... I will strengthen you, Yes, I will help you..." Isaiah 41:10*

### 2. Go Deeper

Choose just one of the issues listed above that's causing the most fear and anxiety and write it on this page then seriously consider and answer each of the follow-up questions in this series to uncover the underlying reason for your fear.

1. I am afraid of \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Why am I afraid of (your fear) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Why am I afraid of (your answer from #2) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Why am I afraid of (your answer from #3) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. Why am I afraid of (your answer from #4) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_