



Understanding our Fear Fire Fighters

With Dr. Tanner Wallace

We all have fire fighters that help us fight the fears that light up inside. We can practice noticing our fire fighters so we can help them focus **on the right things instead**. Here is how we practice finding them while they do their work:

THE REACH:

When you notice "the reach" for a coping method that is not helpful (like distracting, cutting, over eating, risky behavior) a part of you is trying to deal with a fear that you have inside **but is failing**. We can help!

WHAT IS THE FEAR?

WHAT DO YOU REACH FOR?



WHAT ARE YOU OBSERVING?

There is a part of you that is trying to protect and help. Can you observe what it is trying to do?

WHAT IS THE PAST THOUGHT?

There is a past thought you are going back to. What is the automatic thought?

SPECIFIC TYPES OF FEAR

- | | |
|--------------|---------------|
| Humiliated | Inadequate |
| Rejected | Insignificant |
| Submissive | Worthless |
| Insecure | Inferior |
| Anxious | Shame |
| Scared | Worried |
| Ridiculed | Overwhelm |
| Disrespected | Frightened |
| Alienated | Terrified |



CHECK OUR OTHER PROBLEM SOLVING TOOLS FOR HELP WORKING THROUGH THE FEAR.