



Think about the fear but this time take it into the future so you are imagining all of the events after the fear happens:

FEEL INTO THE FUTURE:

Do you feel anxious or stressed? _____

Do you feel positive or hopeful? _____

Do you feel more insecure or more stable? _____

THINK INTO THE FUTURE:

Will keeping the fear save you from future stress or cause it? _____

Will it save you time or waste time to keep it? _____

Does it stop you from a goal or dream you have? What is it? _____
