

# My Fears

Fear	Can I do something about it?	What I should do or say:
_____	Y / N	_____
_____	Y / N	_____
_____	Y / N	_____
_____	Y / N	_____
_____	Y / N	_____
_____	Y / N	_____
_____	Y / N	_____
_____	Y / N	_____
_____	Y / N	_____

We are stronger than our fears! That is because we can prepare for them. We are going to practice making our brain stronger than our fears by deciding if we can or should do something about them.

If we can do something about it we are going to decide what to do or say to make sure we can handle it next time.

