

FACING FEARS & REFRAMING CONFIRMATION BIAS

Sometimes, writing things out can make them seem more approachable. This is a great exercise in acknowledging, and then facing, your fears. Make a list of all the things that are bothering you – your worries, fears, dread. As you do, sort them into two lists: controllable and uncontrollable.

CONTROLLABLE:



UNCONTROLLABLE:

When uncontrollable worries crop up, practice letting them go. Try saying “I have no control over this, but I can shift my focus toward what I can control.” “I cannot change this outcome.” “This too shall pass.”

Look at the rest of your worries, and try stopping the cycle of rumination by asking “And then what?” Instead of using mental energy to rehearse worry, try to visualize the best possible outcome. What does it look like when the best that could happen, happens?

Next, you can begin to work on solutions. Write out action steps that will allow you to face your fear and take charge of the situation. Action steps:

1. _____

2. _____

3. _____
