

Name _____

Fear Fighters: Strategies for Taming Your Fears

Multiple Choice Questions

1. What is the first step to overcoming fear, according to the story?
 - a) Running away from it
 - b) Pretending it doesn't exist
 - c) Understanding what you're afraid of
 - d) Ignoring it

2. Why is it recommended to face your fear gradually?
 - a) It's more fun that way
 - b) It's easier to run away from it
 - c) Facing it all at once can be overwhelming
 - d) Gradual steps aren't effective

3. What does deep breathing help with when you're afraid?
 - a) Making your fear worse
 - b) Making you dizzy
 - c) Calming your body down
 - d) Making you more scared

4. What kind of self-talk should you use to overcome fear?
 - a) Negative self-talk
 - b) Positive self-talk
 - c) Self-talk isn't important
 - d) Self-talk about your favorite TV show

5. What is visualization, and how can it help with fear?
 - a) Visualization is imagining a different fear.
 - b) Visualization is drawing your fear.
 - c) Visualization is imagining yourself facing your fear successfully, and it helps your brain get used to the idea of conquering your fear.
 - d) Visualization is pretending your fear doesn't exist.

