

Name _____

Fear Fighters: Strategies for Taming Your Fears

Multiple Choice Answer Key

1. c) Understanding what you're afraid of
2. c) Facing it all at once can be overwhelming
3. c) Calming your body down
4. b) Positive self-talk
5. c) Visualization is imagining yourself facing your fear successfully, and it helps your brain get used to the idea of conquering your fear.

