

Name _____

Fear Fighters: Strategies for Taming Your Fears

Short Answer Key

1. Someone could face their fear of dogs gradually by first observing a calm dog from a distance, then gradually getting closer while the dog is leashed and controlled by the owner, and finally, when they feel more comfortable, by interacting with a friendly dog under supervision.
2. Positive self-talk boosts confidence and replaces negative thoughts with encouraging ones, making it easier to face and conquer fear.
3. Deep breathing helps manage fear because it calms the body's physical responses to fear, such as a racing heart and shaky hands, by promoting relaxation and reducing anxiety.
4. Understanding your fear is the first step because it helps you identify the specific fear and create a plan to confront it. Without understanding the fear, it's challenging to address it effectively.

