

Name _____

Conquering Fear: How to Overcome Your Fears

Multiple Choice Questions

1. What is fear?
 - a) A natural response to danger
 - b) A type of candy
 - c) A color
 - d) A type of music

2. Which of the following is a common cause of social fear?
 - a) Fear of public speaking
 - b) Fear of chocolate
 - c) Fear of birds
 - d) Fear of sports

3. What is the fight-or-flight response?
 - a) A type of martial art
 - b) A physiological response to fear
 - c) A type of video game
 - d) A type of cooking technique

4. What is the first step in overcoming fear?
 - a) Running away from it
 - b) Denying its existence
 - c) Identifying and naming it
 - d) Ignoring it

5. Why is seeking support important in overcoming fear?
 - a) It's not important at all
 - b) It can provide valuable insight and comfort
 - c) It can make the fear stronger
 - d) It can make you more anxious

