Name _____

## Conquering Fear: How to Overcome Your Fears

**Short Answer**

1. Give an example of a social fear.

2. How can deep breathing exercises help in managing fear?

3. What is gradual exposure, and why is it helpful in overcoming fear?

4. Why is it important to replace negative thoughts with positive affirmations when dealing with fear?

5. Explain the fight-or-flight response in your own words.

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