Name _____

Conquering Fear: How to Overcome Your Fears

Open-Ended Response Questions

1. Can you think of a personal experience where you felt fear? What triggered it, and how did you cope with it?

2. Why do you think fear is a natural and important emotion for humans to have?

3. Describe a situation where seeking support from others helped someone overcome their fear.

4. How might understanding the common causes of fear help someone manage their fears more effectively?

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