

Name \_\_\_\_\_

## Conquering Fear: How to Overcome Your Fears

### Open-Ended Response Answer Key

1. (Answers may vary)
2. Fear is a natural and important emotion as it alerts us to potential dangers and prepares us to respond. It can help us stay safe and make better decisions in certain situations.
3. (Answers may vary; example: seeking support from friends when preparing for a big exam)
4. Understanding the common causes of fear can help someone identify the root of their fear and develop targeted strategies for managing it. It can also help them feel less alone in their struggles knowing that others experience similar fears.

