

Name _____

Conquering Your Fears: Overcoming Fears and Phobias

Multiple Choice Questions

1. What is the first step in overcoming any fear?
 - a) Taking large steps to confront it
 - b) Ignoring it
 - c) Understanding it
 - d) Avoiding it

2. Why is it recommended to take small, gradual steps when facing your fear?
 - a) It makes the fear more overwhelming
 - b) Each step builds confidence and reduces fear's intimidation
 - c) It's unnecessary
 - d) It delays the process

3. Why should you practice deep breathing and relaxation techniques when dealing with fear?
 - a) To make your body tense up even more
 - b) To calm your nerves and stay composed
 - c) To intensify the fear
 - d) To ignore the fear

4. How can visualizing success help in overcoming fear?
 - a) It can't help
 - b) It boosts confidence and makes the experience less frightening
 - c) It makes the fear more intimidating
 - d) It's a waste of time

5. What is the benefit of seeking support from friends, family, or a therapist when dealing with fear?
 - a) It makes the fear worse
 - b) It provides comfort and encouragement
 - c) It's unnecessary
 - d) It prolongs the fear

