Name _____

Conquering Your Fears: Overcoming Fears and Phobias

Short Answer

1. Why is understanding your fear an essential first step in overcoming it?

2. How can gradual exposure help you confront your fear?

3. What are positive affirmations, and how can they be used to overcome fear?

4. Why is celebrating your success important when overcoming fear?

5. How can learning about your fear empower you to face it?

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