Name _____

Conquering Your Fears: Overcoming Fears and Phobias

Open-Ended Response Questions

1. Can you share a personal experience where understanding your fear helped you overcome it?

2. Describe a situation where you successfully used gradual exposure to confront a fear.

3. How can seeking support from friends or family members make a difference in your journey to overcome fear?

4. What are some positive affirmations you can use to replace negative thoughts when dealing with fear?

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