

Name _____

Conquering Your Fears: Overcoming Fears and Phobias

Open-Ended Response Answer Key

1. Possible answer: Yes, I used to have a fear of speaking in front of the class. When I took the time to understand that my fear came from worrying about what others would think, I started practicing public speaking in smaller groups first. As I gained more confidence, I eventually overcame my fear of speaking in front of the whole class.
2. Possible answer: I had a fear of heights, and I decided to conquer it by gradually exposing myself to heights. I started by standing on a sturdy balcony on the first floor, then worked my way up to higher levels. Eventually, I went zip-lining, which was a big step for me. Each step helped me build my confidence and reduce my fear.
3. Possible answer: Seeking support from friends or family members can make a significant difference because they can provide encouragement and reassurance. When I shared my fear with my friends, they were there to support me and offer advice, which made me feel less alone in my journey to overcome fear.
4. Possible answer: Positive affirmations I can use include: "I am strong and capable of facing my fear," "I can overcome any challenge that comes my way," and "I am in control of my fear, and it does not control me."

