Free Your Fears

materials:
- writing utensil
- journal or paper (I prefer unlined)

Here are some journaling prompts and activities to help you identify, and transform your fears. Remember that writing about your fears can feel weird, and uncomfortable, but it is a great step in being able to better understand your fears, where they come from, their purpose, and maybe help you see them in a different light.

1. Set a timer for 10 minutes. Take a blank piece of paper and without stopping just write about what it means to "face your fears"
2. Name 5 thinks that you are afraid of, and organize them from most fearful to least. Why are you afraid of those things in particular? What would change about your life if you were able to conquer those fears?
3. Think about a time when your fear stopped you from doing something you wanted to do. Do you think your fear helped you or hurt you in that instance and why?
4. Write about your physical reactions to fear - what happens to your body when you are afraid? what kind of sensations do you experience? Do you clench your jaw? Do you sweat? Do you tense up?
5. Personify you fear - give it a name (like Fearful Fred). If it were a person, what would they look like? Describe your fear's physical attributes in detail.
6. Get to know your fear, by asking it some personal questions: what does your fear hope to accomplish? How does your fear feel about you? Is your fear afraid of anything?