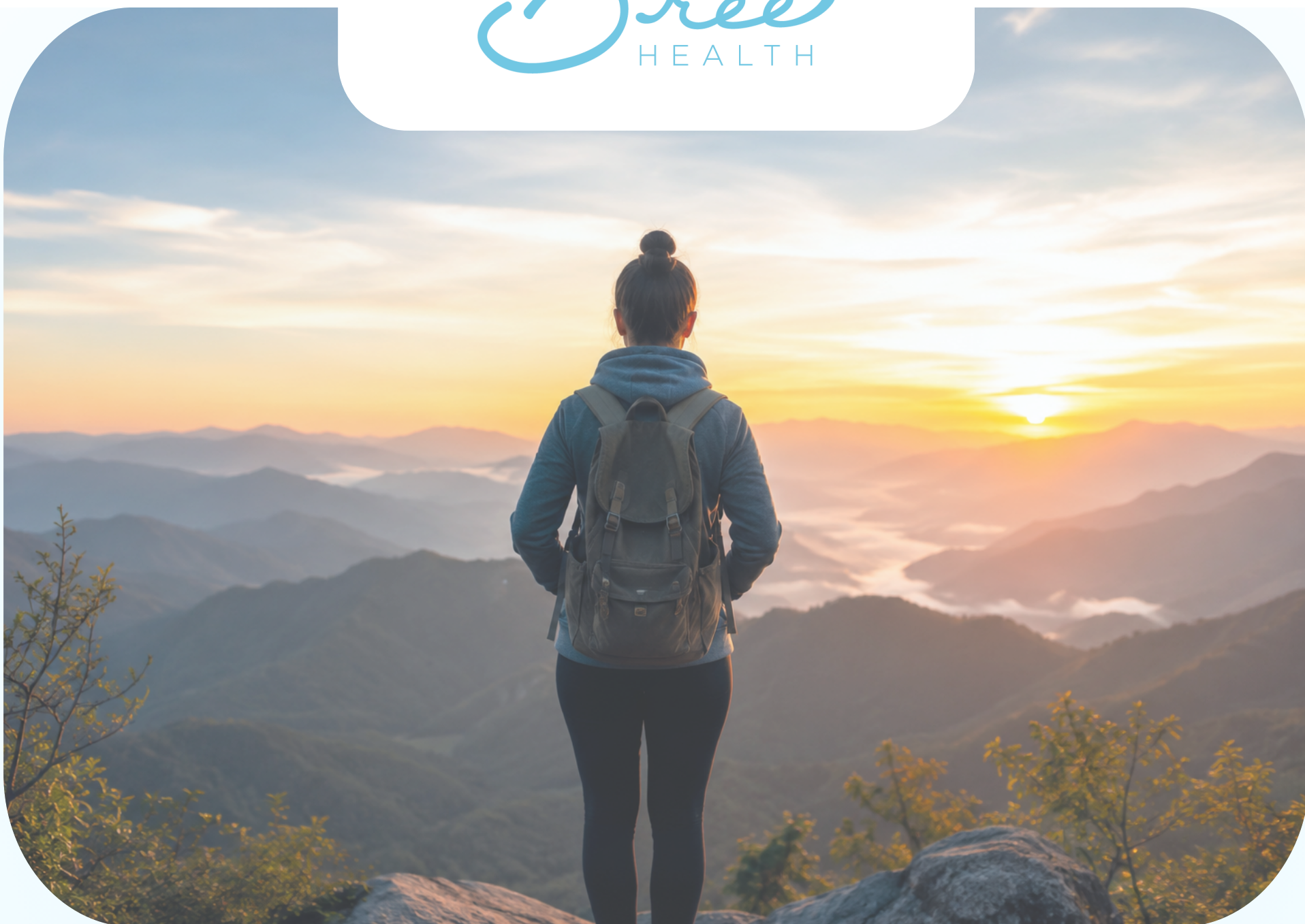




LET'S TALK: TAMING FEARS

REFLECTION & ACTION GUIDE

Learn practical strategies to understand your fears, challenge unhelpful thoughts, and build the confidence to face them one step at a time.

UNDERSTANDING FEAR

Fear is a natural part of being human. It helps protect us from danger, but sometimes our fears grow larger than the actual threat, preventing us from doing things that are important or meaningful.

When we avoid something that makes us anxious, we may feel temporary relief. However, avoidance often strengthens fear over time. The more we avoid a situation, the more intimidating it can seem. Whether it's public speaking, driving, making a difficult phone call, or trying something new, facing fears gradually can help reduce their power.

One effective approach is to take small, manageable steps. Instead of tackling your biggest fear all at once, break it into smaller challenges. Celebrate each success, no matter how small. Every step forward helps build confidence and teaches your brain that you can handle discomfort.

It can also help to challenge fearful thoughts. Ask yourself:

- What's the most likely outcome?
- Have I handled difficult situations before?
- Is my fear based on facts or assumptions?

Often, our worries predict worst-case scenarios that never happen.

Remember, courage is not the absence of fear. It's taking action despite feeling afraid. By facing fears one step at a time, you can build resilience, increase confidence, and open the door to new opportunities and experiences.

Wellness Tip: Pick one small fear you've been avoiding and take one tiny step toward it this week. Progress—not perfection—is what helps fear shrink.

REFLECTION & ACTION PLAN

1. Identify Your Fear

What fear do you want to confront?

2. Challenge Your Thoughts

Fear often grows because of the thoughts we attach to it.

What negative thoughts or beliefs are fueling your fear?

What is the most realistic outcome?

3. Recognize Avoidance

Avoiding fear may feel good temporarily, but it often makes fear stronger.

What excuses are you making to avoid facing your fear?

4. Embrace Discomfort

Growth usually happens outside of your comfort zone.

What uncomfortable situation are you avoiding that could help you grow?

5. Remember What Matters

Fear can distract us from what we truly want.

What goals have you put on hold because of your fear?

6. Make a Plan

Break your fear into small, manageable steps.

The first three actions I will take are:

MY COMMITMENT

One small step I will take this week is:

How will I reward myself for making progress?

Final Thought:

Fear doesn't have to disappear before you take action. Every small step you take builds confidence, strengthens resilience, and proves to yourself that you are capable of more than your fear wants you to believe.



CONTINUE YOUR JOURNEY

Building confidence takes time, and you don't have to do it alone. Bree Health offers tools and resources to help you manage anxiety, build resilience, and develop healthy coping strategies whenever you need support.



Get Support Now: Scan to
Download the Bree Health Mobile App
Access support, tools, and resources
—anytime, anywhere. Just scan the
QR code to get started.