



“Bearing Up”

How can we deal with fear?

Respond to each statement by checking “agree” or “disagree.” Be prepared to justify your responses.

	Agree	Disagree
1. Fear is caused by uncertainty.		
2. Fear can be valuable.		
3. Sometimes you can feel afraid and not know why.		
4. There is no point in worrying because worrying doesn't change anything.		
5. If something is bothering you, you should try not to think about it.		
6. The best way to overcome a fear is to ignore it.		
7. “The cave you fear holds the treasure you seek.” —Joseph Campbell		
8. Danger is real; fear is a story we tell ourselves.		
9. It's important to be honest with yourself about what you're afraid of.		
10. Courage is not the absence of fear but the mastery of it.		