

3 STEPS for neutralizing Fictional Fear

Fear can be initially divided into two kinds: **factual** and **fictional**. **Factual fear** is in the moment, actual physical threats to your survival or those you care for. **Fictional fear** is the response we have to everything else that “stresses” us out.

1.

RECOGNIZE.

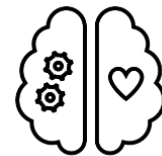
Which of these physiological stress/fear responses are you experiencing?



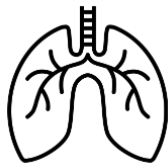
Racing Heart?



Dry Mouth?



Foggy Thinking?



Faster Breathing?



Sweaty/Clammy Skin?



Digestive Distress?

2.

IDENTIFY.

Name it to claim it using this fear identification tool.

Alone	Unease	Alarm	Submissive	Anxious	Doubt	Startled	Ridiculed
Abandoned	Angst	Trepidation	Insignificant	Overwhelmed	Uncertainty	Frightened	Disrespected
Rejected	Dread	Paralyzed	Worthless	Panic	Insecure	Terror	Humiliated

3.

ADDRESS.

Usually, Steps 1&2 will be enough to short circuit a growing fear response. If not, Step 3 is to apply strategic tools to address the source of stress. There are many ways to do this, here is a quick and easy one.

Most of our stress is actually fear that can be grossly categorized into one of two commonly shared fears. In the moment, ask yourself which one of these are you responding to?

Fear of
**Not
Enough?**

OR

Fear of
**Losing
Control?**

Find out more at @MaryPoffenroth.