

# The Fear Buster

Name:

Date:

Dealing with fear	
<u>F</u> alse	What is causing you to feel fear? If you step back and analyze it, free from emotional connection, is the thing causing you to feel fear real? Is it likely to occur? Is the level of fear you're feeling appropriate, given your observations?
<u>E</u> vidence	
<u>A</u> ppearing	
<u>R</u> eal	
The 3 C's Solution	
<u>C</u> larity	What are you struggling with? What has you feeling fearful?
<u>C</u> ourage	What small initial step can you take, with courage, to change the circumstance that has created fear in your mind?
<u>C</u> onnection	What connections do you already have that, if you connect with them, they can give you perspective, solutions, new opportunities, or insights?

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Focus   Evidence   Attitude   Result	
<u>F</u> ocus	What issue do you want to focus on?
<u>E</u> vidence	What evidence can you find that the issue that's troubling you is true and real?
<u>A</u> ttitude	Step outside yourself and observe your attitude for a moment. Where is your attitude towards this issue right now? Be honest.
<u>R</u> esult	What result do you really want to be true when this issue is resolved?