



Fear Resources

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What is Fear?

Fear is a natural, powerful, and primitive human emotion. It involves a universal biochemical response as well as a high individual emotional response. Fear alerts us to the presence of danger or the threat of harm, whether that danger is physical or psychological.

Fear is composed of two primary reactions to some type of perceived threat: **biochemical and emotional.**

Biochemical Reaction

Fear is a natural emotion and a survival mechanism. When we confront a perceived threat, our bodies respond in specific ways. Physical reactions to fear include sweating, increased heart rate, and high adrenaline levels that make us extremely alert.

Emotional Response

The emotional response to fear, on the other hand, is highly personalized. Because fear involves some of the same chemical reactions in our brains that positive emotions like happiness and excitement do, feeling fear under certain circumstances can be seen as fun, like when you watch scary movies.

Reference: <https://tinyurl.com/59sck9za>

Fear in your Life & Career

How do I define fear?

What does Fear
look like to you?



Be Curious About Fear in your Life & Career

- Get to know as much as possible about how you cope with Fear.
- Name it to tame it!
- Write down everything you experience/feel/think/see/hear about Fear.
- See if you can identify patterns.
- Are there any familiar patterns with your past Fear experiences?
- If yes, take a careful and detailed look at how you approached that Fear and what the outcome was? What can you learn from past experience?
- If no, consider that Fear may have a message and a noble purpose for you. Notice how you respond or react to that consideration.
- Discuss the results of this activity with someone you trust and ask for support during the Fear.

Understanding **FEAR** can help you understand how it affects you

F - because your **Fear Story** is unique.

E - consider **Exploring** how Fear is happening to you.

A - be **Aware** and pay attention to Fear.

R - choose to mindfully **Respond** to Fear rather than reacting.

ACTION can help you manage Fear and mitigate challenges

A - Attitude, so consider how you are approaching Fear.

Ask: How am I relating to Fear?

C - Check-in so think about where you are in the Fear Story.

T – Take stock and explore: how am I coping with Fear psychologically?

I - Individual, so what do I need in my transform Fear process?

Do I have a plan to successfully manage/navigate Fear?

O - Observe. Be mindfully aware of your emotional and physical state in your Fear experience.

N – Network: use your community and resources to help with your Fear.

Exploring *Your* Fear Experience Story

- Think about a significant Fear you have overcome in your life.
- How did you navigate/manage the Fear?
- When did the Fear occur?
- What happened before and during the Fear?
- Who was involved in the Fear?
- Where did the Fear happen?
- What was the outcome of the Fear experience?

What I Have Learned About Fear

Name: _____ Date: _____

My Fear Experience Story is:

My two positive/ supporting aspects of Fear:

My two challenging aspects of Fear:

My metaphor/ image / word / phrase for Fear:
