

## Deconstruct Your Fears With This CBT Guide

If you have a plan for the worst case scenario, then it becomes easier to take a chance on the best case scenario.

**If you had to put your fear into one sentence, what would it be?**

**Where might this fear come from?**

<b>1</b> Read your fear to yourself. What related thoughts pop up?	<b>2</b> What can you logically challenge in these thoughts?

**If you didn't avoid your fear, what's the worst that could happen?**

**How realistic or likely is that scenario?**

**If the worst case scenario happened, how could you move forward?**

**Most importantly: if you didn't avoid your fear...what's the best thing that could happen?**

**What plan of action is most likely to help you feel better—avoiding or facing your fear? Why?**