

Challenge



FEARS WITH FACTS

Facts & Fears

We all have fears and sometimes they overcast our facts, encourage our BPD Lens and distortion. When this happens, we have to STOP, and examine our facts and fears. That's exactly what this worksheet is aimed to help you with.

✳ List your most intense fears right now

✳ What facts do you have that they're valid?

✳ What facts do you have they're INVALID?

*✳ How do you see your fears now? More or less intense? What options do you have to go forward **fear free** to increase the probability of positive outcomes?*
