Framework **The F.E.A.R. Method** **Time: 15 minutes**

Fear only has the power you give it. Take it back.

F — FACE IT

Name it specifically. Vague fears have more power.

I am specifically afraid that:

E — EXAMINE IT

What's the worst realistic outcome?

Realistically, the worst that could happen is:

A — ACCEPT IT

Make peace with the possibility.

I can survive if: What I would learn:

R — REVERSE IT

What if the opposite happened?

The best realistic outcome: What I'd gain by trying: