

OVERCOMING F.E.A.R.

Sometimes our minds and bodies get stuck. We have set goals and made plans, but something is getting in our way.

What is stopping you? In short, we can chalk it up to **F. E. A. R.**

- F** Fusion
- E** Excessive Goals
- A** Avoidance of discomfort
- R** Remoteness from values

WHAT DOES F.E.A.R. MEAN?

- **FUSION** refers to the thoughts or things your mind tells you that gets in the way of your goal.
- **EXCESSIVE GOALS** simply means your goal is too big or that it is unattainable due to finance, time, health or other factors.
- **AVOIDANCE OF DISCOMFORT** is the unwillingness to confront the discomfort the challenge brings to us.
- **RE MOTENESS FROM VALUES** suggests we may not be working towards a goal because we lose touch of what the meaning is behind our goal. Typically, goals we set are based off values or beliefs.

WHAT IS STOPPING YOUR FROM REACHING YOUR GOALS?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Now that you have identified *barriers* that are getting in the way of your goals, add labels to what you listed above indicating what they stand for. F (for fusion), E (for excessive goals), A (for avoidance or discomfort) or R (remoteness of values).

CHANGING F.E.A.R.

In order to “get on with it,” we need to **D.A.R.E.** to overcome our barriers.

- D** Defusion
- A** Acceptance of Discomfort
- R** Realistic Goals
- E** Embracing Values

DEFUSION

WHEN THE PRIMARY CONCERN IS RELATED TO FUSION, LET’S RESTRUCTURE THOSE THOUGHTS!

Sometimes our thinking can be overly negative, and get in the way of our ability to do certain things. In this exercise we will work to determine the accuracy of the thought.

Step 1: Identify the thought

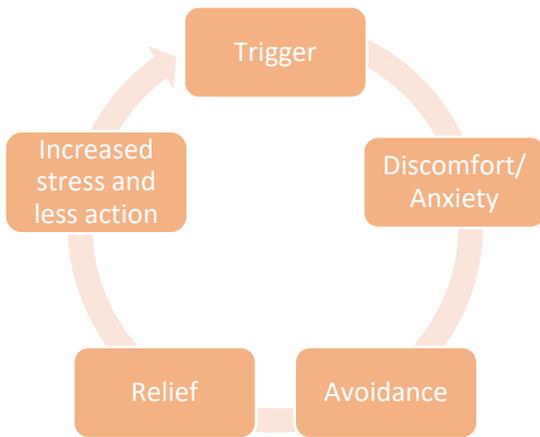
Step 2: Find the evidence that supports the thought and evidence that disproves the thought.

Step 3: Come up with a new thought

 Positive Evidence	Negative Evidence 

ACCEPTANCE OF DISCOMFORT

IF THE PRIMARY CHALLENGE IS AVOIDANCE OF DISCOMFORT, LET'S ANALYZE AND MAKE A PLAN!



Lots of things make us uncomfortable and our “go to” when we are uncomfortable is to avoid that thing that makes us uncomfortable! Sometimes, however, it is important we confront that “thing” to help us move forward in our life.

What is your trigger? _____

What can you do to confront it? _____

Step 1: _____

Step 2: _____

Step 3: _____

REALISTIC GOALS

IF THE PRIMARY CHALLENGE IS EXCESSIVE GOALS, LET'S COME UP WITH **S.M.A.R.T.** GOALS

My current goal is _____

Is my goal clear? Yes No

If no, how can I make it more specific? _____

How do I know if I reached my goal? _____

Do I have the resources I need to achieve this? Yes No

If no, what do I need? _____

Can I commit to my goal? Yes No

When should I have this goal completed by? **Date:** _____

S Specific

M Measurable

A Achievable

R Realistic

T Timely

EMBRACING VALUES

IF THE PRIMARY CHALLENGE IS REMOTENESS OF VALUES, REMIND YOURSELF OF WHAT MATTERS

What are my values?

Is my goal consistent with my values? **Y** **N**

If not, what might be a more meaningful goal for you to achieve?
