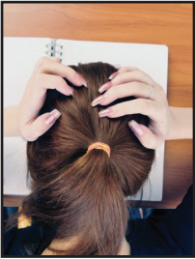




Managing Fears

It may not feel like it but fear is a good thing. It's how our mind responds to danger. Sometimes the danger is physical but it can also be emotional or social. Fear is a warning sign that you might get hurt. That doesn't mean that you shouldn't challenge yourself and try new things. It just means you need to examine why you're feeling fearful. The key is knowing whether to avoid a situation completely or to be prepared for it so you minimize the danger. Uneasiness is a mild version of fear. It's just as important to examine why we feel uneasy.

Put yourself in the situations below. How could you get hurt? Should you avoid it?



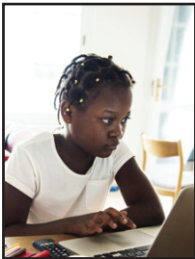
AVOID? YES NO

You have to give an oral report at school.
On a scale of 1-10 how uneasy are you? ____
Why? _____
Should you avoid it? If not, what can you do to be better prepared?



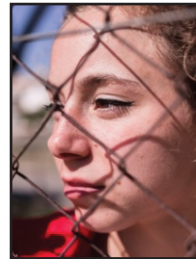
AVOID? YES NO

A guy you met online wants you to come to his house.
On a scale of 1-10 how uneasy are you? ____
Why? _____
Should you avoid it? If not, what can you do to be better prepared?



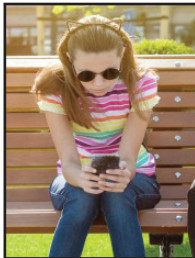
AVOID? YES NO

You're applying for college. Your first choice is a stretch.
On a scale of 1-10 how uneasy are you? ____
Why? _____
Should you avoid it? If not, what can you do to be better prepared?



AVOID? YES NO

You're finally going back to your favorite activity after a serious injury.
On a scale of 1-10 how uneasy are you? ____
Why? _____
Should you avoid it? If not, what can you do to be better prepared?



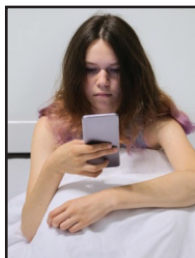
AVOID? YES NO

For attention, your friend wants you to slap her and post it online.
On a scale of 1-10 how uneasy are you? ____
Why? _____
Should you avoid it? If not, what can you do to be better prepared?



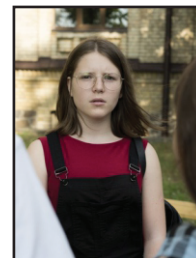
AVOID? YES NO

You think your friend's pizza parties are making you put on weight.
On a scale of 1-10 how uneasy are you? ____
Why? _____
Should you avoid them? If not, what can you do to be better prepared?



AVOID? YES NO

You've been invited to a party without adult supervision.
On a scale of 1-10 how scared are you? ____
Why? _____
Should you avoid it? If not, what can you do to be better prepared?



AVOID? YES NO

You want to join an after school club but don't know anyone in it.
On a scale of 1-10 how uneasy are you? ____
Why? _____
Should you avoid it? If not, what can you do to be better prepared?

