

## EXERCISE

Think of something that scares you. Then answer the following questions:

1. Exactly what are you afraid of? \_\_\_\_\_

\_\_\_\_\_

2. Does your fear tell you to do anything specific? If so, what? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If you aren't able to answer these questions, your primary fear is of the unknown. Check to see if you're covering up another emotion. If not, proceed to the next step.