

FEAR

FITS THE FACTS of a situation whenever you or someone you care about faces a THREAT to:

- Life
- Health
- Well-being

When your fear is **NOT JUSTIFIED** by the facts use **OPPOSITE ACTION**

Action Urge: Avoid; Run Away

Opposite Action: Don't Avoid; Approach

OPPOSITE ACTIONS FOR FEAR:

Do the OPPOSITE of your fearful action urges.

Example

1. Do what you are afraid of doing ... **OVER** and **OVER**.
2. **APPROACH** events, places, tasks, activities, and people you are afraid of.
3. Do things to give yourself a sense of **CONTROL** and **MASTERY** over your fears.



ALL-THE-WAY OPPOSITE ACTIONS FOR FEAR:

4. Keep your **EYES** and **EARS** open and focused on the feared event. Look around slowly; explore.
5. Take in the information from the situation (notice the lack of **ACTUAL** threat)
6. Change your Body Language: Keep your head and eyes up, and your shoulders back but relaxed. Adopt an assertive body posture
7. Change your Tone of Voice: Keep your voice confident.
8. Change your **BODY CHEMISTRY**. TIPP skills can be used for this.
For example, do paced breathing by breathing in deeply and breathing out slowly

