



The Virus: Fear Antidote

THE TINY BOOKLET- COVID-19 SPECIAL EDITION
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The Virus: Worksheet Overcoming Fear

Covid-19 special edition

Fear has a habit of rising to the top at the most inconvenient times. Often times the fear irrational and can be overcome with forethought and practice. Use this worksheet to help you work through your fears.

One thing that makes me feel nervous or scared:

When this fear is triggered, what thoughts go through your mind?

In what areas of the body do you feel the fear? How does your body react (forehead sweat, sticky palms, etc.)?

How do you respond to this fear (anger / avoidance / feel depressed / etc.)?

What exactly is it that makes you fearful? Go to the source and be specific.

Realistically, what are the chances of this happening?

What can you do to lessen the likelihood of it happening?

What's the worst that could happen if your fear comes to fruition?

What is the long-term cost (emotional, physical, financial, etc.) of not overcoming this fear?

If the worst-case scenario happened, how would you consciously work through it? What steps would you take?

What benefits will you receive if you work through this fear?
