

It would make my heart race,  
put my tummy in knots.



It would make my head hurt,  
I was lost in my thoughts.



My fear planted beliefs  
that were rooted in doubt.

“Oh, what if...?  
Oh, what if...?!”  
all my thoughts  
seemed to shout.

At times it was helpful—  
fear pointed out risks.  
But most of the time,  
it just made me feel sick.

STEP 1



First notice, accept, and acknowledge the fear.  
Now describe it out loud, in a voice strong and clear.

'Cause by voicing our thoughts we strip fear of its power.  
We strengthen ourselves and then **fear** starts to cower.



# Conversation Starters and Discussion Questions

- **What are fear and anxiety?**

Fear and anxiety are natural and protective emotions in response to danger. Fear is often about a known danger that is about to happen or is already happening, whereas anxiety is often about an unknown danger or something that might happen in the future.

- **What are some fears or worries that you and others have?**

Share honestly with your trusted adult. I bet they have some fears and anxieties they can share with you too!

- **Who experiences fear and anxiety?**

Everyone! There is not a single person who doesn't have fears and anxieties from time to time. You are not alone in what you're thinking and feeling.

- **When can fears or worries be helpful? When can they become a concern?**

Fear and anxiety can help keep us safe by letting us know when something is dangerous or risky. We can listen to the helpful messages fear and anxiety tell us in order to make wise and safe choices.

Both fear and anxiety are not helpful when they become overactive. This is when our body is acting as if there is danger, even where there is none. We may have the "what ifs" and spend a lot of our time and energy worrying about things that may never happen. Overactive fear and anxiety can lead us to avoid things and miss out on activities or events.