



Fear is like a Light Switch

Think of fear like a light switch that is easily turned on. Once we become exposed to a potential danger (even the idea of a danger), we become hypervigilant to it. In our time, though, too many Fear switches are turned on. We all have our switches turned on. This makes it very difficult to relax!

My Fear Switches:

List all your fear switches that have been turned on (hint: stuff you worry about)

Some Fears make sense to keep. Above, put a star by the fears that are reasonable and helpful.

Most of our Fears are irrational (danger is not likely). It is hard to turn off a Fear once it has been switched on. You will be triggered by "signs of danger" (think of the twigs in the woods for our ancestors). Your body will react before you do, like getting startled, scared, or panicky. Your mind will be tricked by your body, and start worrying.

To turn off a fear switch:

1. Memorize which fears are reasonable (above)
2. Notice when you are triggered by something
3. Look for any evidence that there is actual danger
4. Take a deep breath and tell yourself "It is OK. That is just my **FearSwitch**. I need to turn it off."



My Fear Switch Triggers:

What makes you jumpy, nervous, worried, or panicky?
