



DE-ESCALATING STATEMENTS FOR FACING FEARS

Self-talk can be hugely helpful for facing fears. When you find yourself wanting to avoid an action out of fear, try repeating one of these statements until you feel capable:

1. I'm in charge of my fear, it's not in charge of me.
2. Fear is my co-captain.
3. Fear is my sous-chef.
4. Conquering fear makes me feel powerful.
5. The more I challenge myself to face my fear the more confident I feel.
6. I'm not going to diminish my belief in myself anymore by avoiding things.
7. I'm stronger and more powerful than I think.
8. I'm going to channel the energy I get from fear into positive action.
9. Fear does not equal danger; it's more about me than the situation.

