

The FEAR Plan- A Coping Guide

- 1) F- Am I feeling anxious or frightened?
 - Pay attention to my body-- stomach aches, headaches, heart pounding, feeling warm, restless, irritable-- these can all be signs of anxiety
 - Start off by doing some deep breathing- maybe even other relaxation strategies. Relax.
 - Now it is time to put the rest of the FEAR plan into action

- 2) E- What am I expecting will happen? What is my self-talk?
 - Pay attention to my thoughts-- what am I thinking, what am I asking myself?
 - Does it sound like I am falling into a thinking trap?
 - Watch out for these thinking traps
 - *Walking with blinders*: Not thinking about all of the possible good things that could happen, only thinking about the bad ones
 - *The Repetitor*: If it happened once it's always going to happen that way
 - *The Catastrophe*: Always thinking the worst possible thing will happen
 - *The Pessimist*: Expecting things to always turn out badly
 - *Pick, Pick, Pick*: Picking out the negatives in the situation
 - *The Avoider*: Avoiding or staying away from things that make you nervous
 - *The Mind Reader*: reading minds & believing that someone is thinking bad things
 - *The Shoulds*: I should always get my homework right. I shouldn't feel nervous
 - *The Fortune Teller*: Predicting what will happen in the future
 - *The Perfectionist*: "I have to do it right all the time" "I cannot make mistakes"

- 3) A- What are attitudes and actions that might help? What is a coping thought that I could have in this situation?
 - Gather evidence for the thought. Do I know for sure this is going to happen?
 - What else might happen in this situation?
 - How many times has this happened before? How likely is it this will happen?
 - What is the worst thing that could happen? What would be so bad about that?
 - Begin *problem solving!*

- 4) R- Results and rewards- yeah! You did it!
 - See that wasn't so bad. Next time you'll be able to do it with no problem
 - Give yourself rewards for all of your accomplishments, not just when you do something perfectly