

 **IMAGINE YOUR FEARS ACTIVITY**

Exhibiting frequent and repetitive fear behavior may indicate a response pattern based on the Survive path. SMARTER people may exhibit the Survive response pattern some of the time, but not most of the time. SMARTER people face their fears by choosing a new route, step-by-step, to evolve into their personal best.

Imagine a major accomplishment in your life, something of which you are REALLY proud. Recall an image of what was present before you achieved this accomplishment and answer the questions below:

- What challenges did you face?
- What did this fear look like while working toward this achievement?
- How did you overcome this fear?
- What did it feel like to conquer this fear and complete the achievement?
- How are you stronger because of having overcome this fear?

On the next two pages are the more common areas where fear shows up. Use the list of Common Fears on the following pages to name the fear and to consider new actions to challenge the fear.

COMMON FEARS CHART

Fear of Being	What My Reaction May Look Like to Others	SMARTER Reflect and Act	Other Behaviors
Controlled	Control freak, over-organizer, compulsive, mistrusts authority, closes off data.	To be SMARTER is the ability to lead and be led.	
Insignificant and Intimate	Gossip, center of attention, condescending, talks about self, hordes information, conditional relationships.	Intimacy is non-conditional. Intimacy is the ability to be a tolerant, nonjudgmental person who respects the needs and wants of others.	
Disrespected	Demanding, arrogant, seeks status.	How am I showing respect in my day-to-day interactions?	
Criticized and Judged	Hypercritical of others, blame game, victim role, averse to risk, short impulse, projection.	Does the fear that others are constantly judging you keep you from doing what you want and need, or from going after your dreams and goals?	
Rejected	Guarded self, small comfort zone, superficial relationships, picks fights, quiet, victim, personal attacks.	Rejection does not mean you are not worthy, talented and significant. View rejection as a single event where what you had to offer was not a good fit. Keep creating positive work and social contributions.	
A Failure	Perfectionism, averse to risk, workaholic, overcompensates, indecisive.	Does everything you do have to be entirely successful?	
A Success	Hides wins, exaggerates mistakes, understates and underrates, passive-aggressive, self-sabotages, unpredictable appearance.	Does success mean more responsibility, more attention, more liability and pressure to perform at a high level?	

COMMON FEARS CHART

Fear of Being	What My Reaction May Look Like to Others	SMARTER Reflect and Act	Other Behaviors
In Conflict	Over-accommodating, them first-me second, overly confrontable or agreeable.	What is another way to look at this situation or person?	
Alone and Abandoned	Over-scheduled, workaholic, impulsive, needy, passive, co-dependent, does not speak true feelings.	What are you doing to build a strong self-concept and efficacy? Offer your best self to the world and the fear of being alone will fade.	
Embarrassed	Shame, exclusion, withdrawal, sarcastic humor.	You have the choice to allow yourself to live and to not be concerned with the judgments or opinions of others.	
Expressive of Feelings	Passive or aggressive communication, co-dependent, low SEQ in self-awareness.	Honest, open communication delivered in a respectful empathetic manner is a learned habit.	
In the Unknown	Small comfort zone, limited relationships, low intimacy, anxiety, overcompensates, avoids the present, focuses on past/future, many "what if's."	Use your values, passions, and talents to guide you in the present—challenge your stories and build SEQ reserves.	