

Fighting The Inside Dragons: 1st Edition

Encountering Fear

1. What am I really afraid of?

2. What are the worst things that could happen (related to the answer above)?

3. How would my life look like if those things really happen (describe one day of your “new” life, the sour version)?

4. What are the best things that could happen (related to what you want to do)?

Fighting The Inside Dragons: 1st Edition

Encountering Fear

5. How would my life look like if those things really happen (again, describe one day of your “new” life, the sweet version)?

6. Do I see myself doing it for the rest of my life despite the potential shitty outcome?

7. What do I really want to achieve with this?

8. Is this achievement worth the process and the potential shitty outcome?

Fighting The Inside Dragons: 1st Edition

Encountering Fear

9. What can I do to diminish the chances of those shitty things to happen, but still going for what you want?

10. If I fail and the worst things happen, would I be able to move on with my life despite it?
