



## Breakout Discussion Two

### Overcoming Fear (20 Minutes)

#### Instructions:

1. As a group, identify a spokesperson for the group.
2. As a group, pick one of the ways to Overcome Fear listed below.
3. As a group, discuss ways that you have used this approach in the past.
4. As a group, discuss what worked and what didn't work.
5. The spokesperson for the group will share back the group's discussion.

#### Ways to Overcome Fear

*(pick one to discuss)*

**Name and Face your Fear:** Sometimes, the best way to overcome fear is to confront it directly. By facing your fear, you may realize that it's not as bad as you imagined.

**Practice Relaxation Techniques:** Fear can cause physical symptoms such as increased heart rate, sweating, and shallow breathing. Learning relaxation techniques such as deep breathing, meditation, or yoga can help you manage these symptoms.

**Challenge Negative Thoughts:** Fear often stems from negative thoughts and beliefs. Try to challenge these thoughts by questioning their accuracy and replacing them with more positive and realistic ones.

**Gradual Exposure:** If facing your fear all at once is too overwhelming, try gradually exposing yourself to the thing that scares you. For example, if you're afraid of heights, start by standing on a low platform and then gradually work your way up.

**Seek Support:** Talking to someone you trust about your fears can help you feel less alone and more supported. Consider seeking professional help from a therapist or counselor who can provide guidance and support.

**Visualize Success:** Visualizing a successful outcome can help reduce fear and increase confidence. Imagine yourself overcoming your fear and achieving your goals.

**Challenge Negative Self-Talk:** Challenging self-talk is important for facing fear because our thoughts can greatly impact our emotions and behavior. When faced with a fear or anxiety-provoking situation, our automatic thoughts may be negative and self-defeating, which can increase our feelings of fear and anxiety.

**Build Resilience:** Resilience is the ability to recover, adapt, and thrive in the face of adversity and change. It plays an important role in overcoming fear – it helps you bounce back from setbacks and adapt.