

4 STEPS for neutralizing Fictional Fear

Fear can be initially divided into two buckets: **factual** and **fictional**. Factual fear is in the moment, actual physical threats to your survival or those you care for. **Fictional fear** is the response we have to everything else that “stresses” us out.

1

RECOGNIZE



Racing Heart



Dry Mouth



Foggy Thinking



Faster Breathing



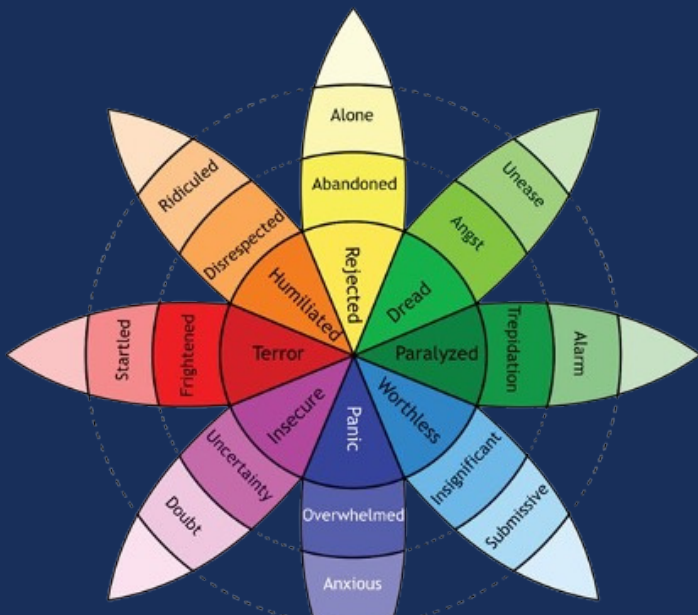
Sweaty/Clammy Skin



Digestive Issues

2

ASSIGN



3

IDENTIFY

Most of our stress is actually fear that can be grossly categorized into one of two commonly shared fears. In the moment, ask yourself which one of these are you responding to?

Fear of
**NOT
ENOUGH**

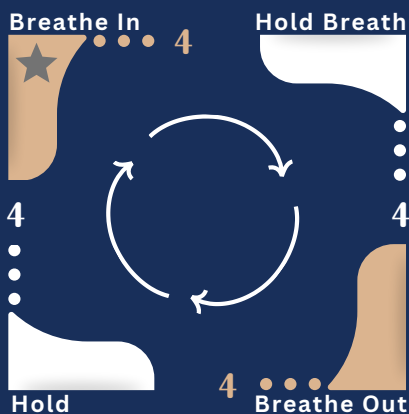
OR

Fear of
**LOSING
CONTROL**

4

NAVIGATE

This step can be any of your favorite tools or techniques, like box breathing.



Find out more at @MaryPoffenroth

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