

FEAR, STAGES OF Worksheet

For each stage, think of at least 3 things that you regularly experience that trigger that feeling.

Then think of things you can do to resolve or de-escalate each one.

STAGES OF FEAR

RESOLUTION OR DE-ESCALATION

APPREHENSION

- a. _____
- b. _____
- c. _____

- a. _____
- b. _____
- c. _____

ANXIETY

- a. _____
- b. _____
- c. _____

- a. _____
- b. _____
- c. _____

FEAR

- a. _____
- b. _____
- c. _____

- a. _____
- b. _____
- c. _____

PANIC

- a. _____
- b. _____
- c. _____

- a. _____
- b. _____
- c. _____

TERROR

- a. _____
- b. _____
- c. _____

- a. _____
- b. _____
- c. _____

