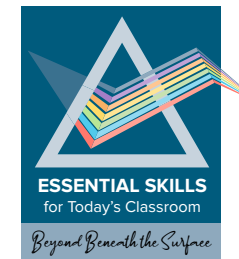




FEAR and NERVOUSNESS



Behaviour

- Pacing
- Fidgeting
- Avoiding
- Refusing
- Sweating
- Shaky
- Blushing
- Running away



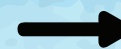
Urge

- Avoid or escape at all costs



1

Function



Fear helps me to...

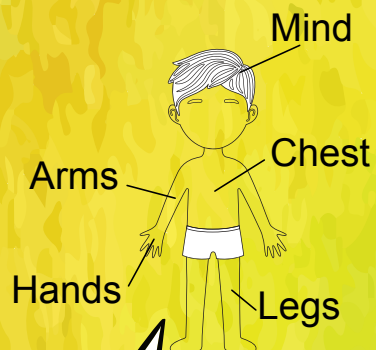
- Stay safe! Avoid things that may be risky or dangerous
- Avoid rejection, being criticized or embarrassed for something I can't quite do yet

I Need

3

- Support to safely go towards what is making me nervous or afraid
- To slowly and with control build mastery over my fear
- To approach whatever is making me afraid in small doses so I can desensitize myself

Body Sensation & Examples



- Heart beating fast
- Hot - Cold
- Warm face
- Ready to explode
- Heavy
- Relaxed
- Calm
- Balanced
- Strong
- Full of energy
- Light
- Pressured
- Rough

2

Where do you feel it in your body?



Try this!

Create a ladder of small steps to approach your fear and practice each step until you feel comfortable to move to the next step. Remember, small steps can lead to big gains!



4

Questions to Reflect

5

- When do I feel the most afraid/nervous?
- What does the fear tell me to do?
- Where do I feel it in my body?
- My feeling makes sense because...
- What do I need to feel better?
- How can I handle this next time?



References & Future Reading

Gottman, J. M., DeClaire, J., & Goleman, D. (2015). *Raising an emotionally intelligent child*. Simon & Schuster Paperbacks.

<https://www.gottman.com/blog/an-introduction-to-emotion-coaching/>
<https://emotioncoaching.gottman.com>

