

WORKSHEET 3 — Fear → Truth Reframe Sheet

Shift from fear-driven thinking to grounded, compassionate truth.

INTRODUCTION

Fear produces exaggerations. Truth produces clarity.

This worksheet helps you separate the two so you can respond from your grounded self rather than your anxious mind.

SECTION 1 — What Is the Fear Saying?

Write the fear-based thought exactly as it shows up.

SECTION 2 — What Emotion Is Attached to This Fear?

Name the emotion beneath it.

Examples: *shame, worry, panic, dread, disappointment.*

SECTION 3 — What's the Worst-Case Scenario?

Let the mind express it without judgment.

SECTION 4 — What’s the Most Realistic Scenario?

Ground yourself in probability, not fear.

SECTION 5 — What Is Actually True Right Now?

Shift from projection → present moment awareness.

SECTION 6 — Supportive Truth Reframe

Transform the fear into a grounded, compassionate statement.

Prompt: *A more supportive truth is...*

SECTION 7 — Wise Self Reminder

Write a message from your grounded, wise future self.

PAGE 2 — NEXT STEPS

NEXT STEPS — One truth I will come back to today is...
