

## Live a Fearless Life Handouts

### Thinking Assessment

***Check all statements that apply to you. Once complete, add up the number of checked boxes.***

I can spend a long time rehashing certain events in my mind.

When I forget to do something or I make some kind of mistake, it takes

me a long time to come to terms with it.

If a friend or relative disappoints me, it can take me months to get over

being upset and return to a good relationship with them.

I can get very upset if I can't keep certain objects in order or good condition.

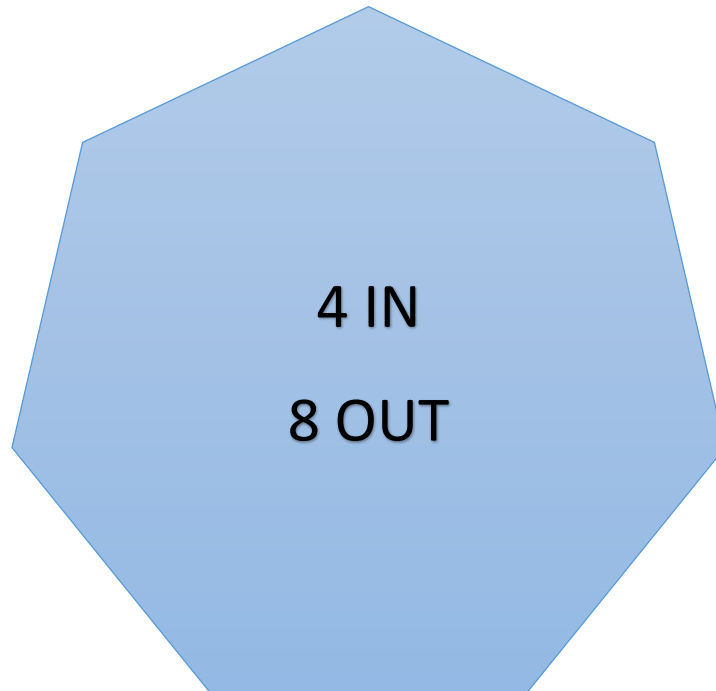
I can become preoccupied with arranging, counting, or evening up things.

I need to repeatedly check on things in order to reduce my anxiety, either by checking with people or inspecting something like my stove.

I tend to go over my mistakes or embarrassing moments in my mind, playing them over and over.

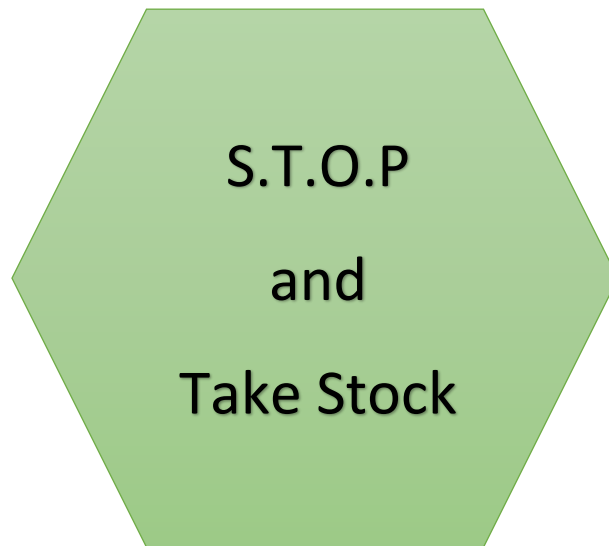
Unpleasant thoughts or images frequently come into my mind and I can't get them out.

\_\_\_\_\_ Total Checked Responses



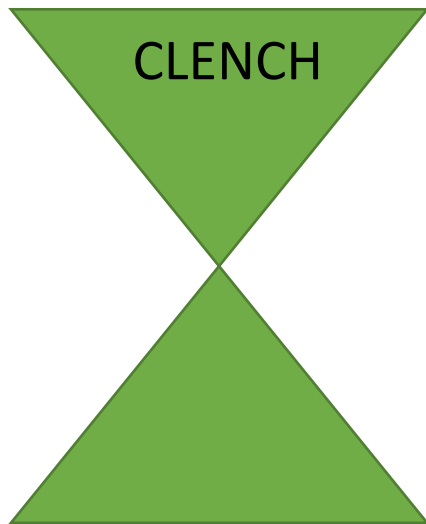
## BREATHING

1. Close your eyes.
2. Inhale - deep breath while counting to 4 in your mind.
3. Hold for a second.
4. Exhale – elongated breath while counting to 8 in your mind.
5. Repeat for up to a minute.



### COGNITIVE PROCESSING

1. S: Stop and take stock. What is my experience right now? Thoughts? Feelings? Physical sensations?
2. T: Take a breath. Use breathing technique above.
3. O: Observe your experience.
  - i. Examine thoughts, feelings and emotions. Remind yourself that these thoughts are not facts, they are not permanent.
  - ii. Examine physical sensations. Tensions, body pains, slumped in chair, rigid shoulders, clenched jaw, shallow breathing.
  - iii. Look around you again with fresh eyes. Observe without expectations of outcomes and with openness and curiosity to what might come next.
4. P: Proceed with something that further supports you. Walk around, drink a beverage, look outside the window, pet your dog.



### **MUSCLE RELAXATION**

1. Sit back in your chair or lie on a flat surface.
2. Notice all physical sensations.
3. Deliberately tighten your muscles – clench your fists, close your eyes, bring tension to your limbs, head, neck, torso, hold your breath – count to 10.
4. Now let go. Unclench everything.
5. Repeat twice.
6. Notice the difference between when you are clenched and when you unclench.
7. Are there some parts of your body that continue to stay tense?
8. Practice breathing as above to fully unclench.