

Taming Your Fear Monster

It's perfectly normal to feel afraid sometimes. Lots of kids are afraid of the dark, or afraid of thunder and lightening, or afraid of going to the doctor. But just because you *feel* afraid of something doesn't mean you have to *act* afraid. If you are afraid of something that really can't hurt you, then it is a good idea to face your fears and tame your Fear Monster.

The name of my Fear Monster is:



Taming My Monster

The one thing I am most afraid of is _____.

I worry that _____.

When I worry, I _____

_____.

Sometimes my fear keeps me from _____

_____.

When I am afraid, it usually help me if I _____

When I am afraid, I can say to myself _____

When I'm afraid, I can talk to _____

When I conquer my Fear Monster, I think _____

These sentences describe some things that kids do to tame their Fear Monster, but a word in each sentence is spelled backwards.

Spell the word in each sentence correctly and then circle the ideas you think would help you conquer your Fear Monster.

Talk about the sgniht (_____) that bother me.

Practice deep breathing when I leef (_____) upset.

Draw a picture of my Fear Monster and then reat (_____) it up.

Face my reaf (_____) a little at a time.

Talk to flesym (_____) by saying, "the thing I'm afraid can't really hurt me."

Imagine myself facing ym (_____) fear.

Write a rettel (_____) to my Fear Monster and tell it to leave me alone!

Tell myself that the Fear Monster isn't laer (_____).

Can you think of other things you could try to tame your Fear Monster?
