

A butterfly with orange and black patterned wings is flying over a large, vibrant orange flower. The background is a soft, blurred green, suggesting a natural setting. The overall mood is bright and hopeful.

WEEKLY
CHECKLIST

HEAL THE FEAR

How to Create Habits That
Conquer Your Fears

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Habits can help you overcome your fears, but habits take time to form. Use this weekly checklist to help you develop healthy habits.

Tips for using this weekly checklist:

1. Print a copy of this checklist and fill it in for each fear you want to conquer.
2. It's easier if you work on one fear at a time. Once your habits are well-established and you feel your fear dissipating, you can start on another one.
3. Try to perform your new habits daily. It may take several weeks for you to feel the effects. That's natural!
4. Use the checklist each week until you feel confident that your fear is healed.

HEAL THE FEAR

Weekly Checklist

Date: Week of _____ to _____

Fear: _____

Developing Courage

Habit	M	T	W	T	F	S	S
Confront your fear							
Expect success							
Stay with reality							
Challenge yourself							

Dealing with Discomfort

Habit	M	T	W	T	F	S	S
Be excited							
Relax your muscles							
Breathe slowly and deeply							
Be curious							
Stay present until the discomfort wanes							

Habits for the Specific Fear

Habit	M	T	W	T	F	S	S
Visualization							
Affirmations							
Desensitizing videos (YouTube, other media)							
Real Situations (Start Small)							