2F (v): ACTION PLAN (PART TWO)
SPACE TO WRITE YOUR ANSWERS

refer back to questions on 2F (iv) for assistance with your answers if necessary

1 Which method will you use to track the emotion that influences you most days?

2 Which words do you need to replace which describe your feelings negatively?

3 How will you acknowledge your psychological fear more frequently?

4 What strategies will you use to minimise the impact of psychological fear in your life?

5 Please record concepts of THE FEAR PROJECT you understand well.

6 Please record the concepts of THE FEAR PROJECT that you **do not** understand well.

7 Identify a minimum of two self-schemas you will target with behaviour and language change.

8 Do you require assistance? If so, contact info@passareuk.com and we will see what we can do.

PRINT NAME: _____ SIGNATURE: _____