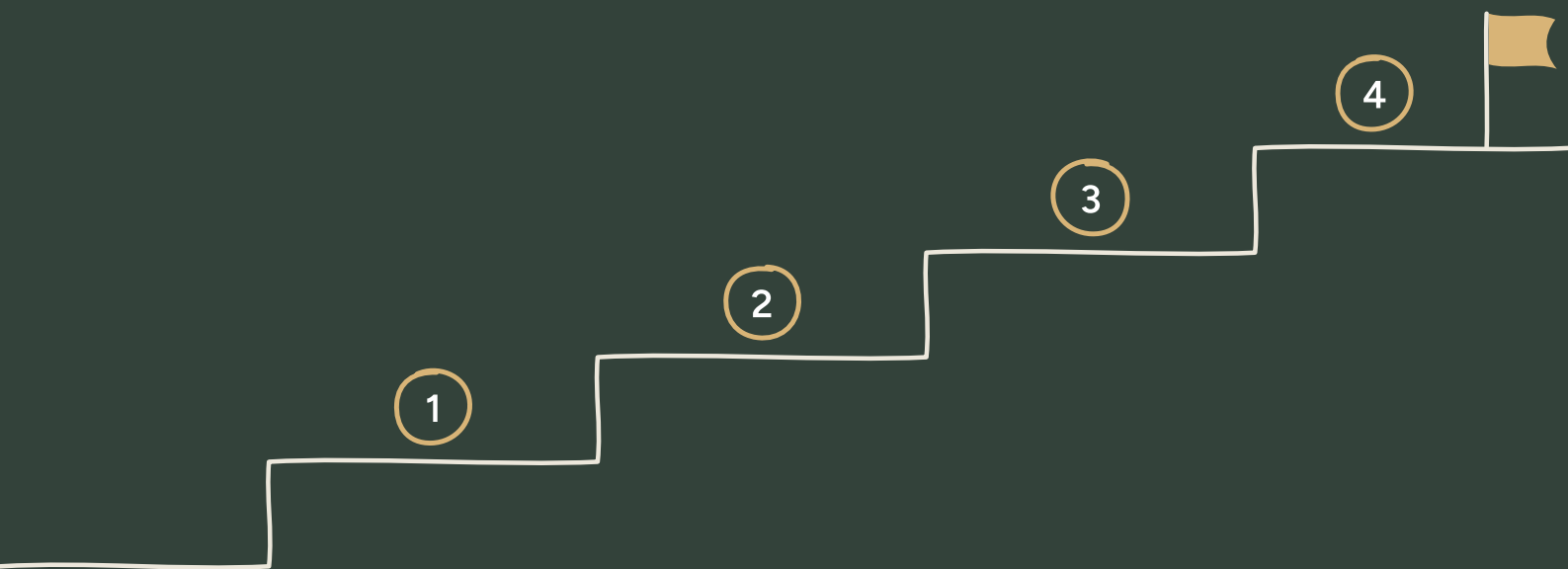


4 Ways to Overcome

All Your Fears

Work out which kind of fear you're facing and where it comes from, then work through it with four methods, one step at a time.



Thank you for downloading this worksheet!

If you're here, chances are you've been thinking about tackling the fears in your life, and you're struggling to do it. Perhaps your fears are stopping you from finding the courage to chase the dream you've wanted since you were 15. Or perhaps you've tried many methods, and none of them seem to work.

In this worksheet, you'll first find the five main buckets that fears fall into. Next, you'll understand the fears you've been feeling inside, and where they come from. Finally, you'll work through four methods to overcome your fears, with exercises to reflect on.

If you truly sit down and reflect on these exercises, you'll leave with a clearer understanding of how to conquer your fears from here on. This worksheet won't magically make your fears disappear, but it will help you navigate them and break them down into manageable bites.

With that said, let's get right into it!



Chuan Long

HOW TO USE THIS WORKSHEET

- 1 **Watch the video as you go.** Parts 1, 2 and 3 each have a code to scan that starts the video at that part.
- 2 **Answer as you go.** Type straight into the boxes on a computer, or print the pages and write by hand.
- 3 **Come back often.** Review your answers whenever a fear creeps back in.



WATCH THE VIDEO

How to Overcome All Your Fears (In 4 Ways). Free, about 9 minutes.

youtu.be/ZfgUiVqwkG8

Contents

Three parts: what your fear is, where it comes from, and four ways to overcome it.

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The 5 buckets of fear



In the video
from 0:36

Most fears fall into one of five buckets: Success, Money, Health, Belonging and Happiness. Knowing which bucket your fear falls into will help you later in this worksheet, as you reflect more deeply on it.

ASK YOURSELF

Which bucket does your fear fall into? Tick it.



Success

"What if I'm not good enough?"



Money

"What happens if I go broke?"



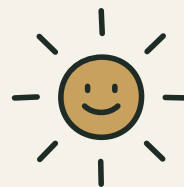
Health

"What if I get sick?"



Belonging

"Will I still be loved?"



Happiness

"What if I'm not happy?"

WHERE IT COMES FROM

The five buckets and their questions come from Paul Millerd. In hundreds of conversations, he found that people's fears fell into these five areas.

Paul Millerd, *The Pathless Path*, 2022

THE RESEARCH

Matthew Lieberman and colleagues, "Putting feelings into words", *Psychological Science*, 2007

1 Identify

For example: "I'm afraid of failure, judgement and criticism from others." Or: "I'm afraid I'm not good enough to be worth people's attention."

2 Clarify

Where does this fear come from? Is it a 'me' reason or a 'them' reason?

A 'ME' REASON

It's about your ability

Fears about how you see your own ability.

A 'THEM' REASON

It's about other people

Fears about how people react to what you do.

For example: "I believe the fear comes from a lack of confidence in my own ability, so it's a 'me' reason." Or: "I believe the fear comes from other people's judgement, which holds me back, so it's a 'them' reason."

This way, you can make sense of your own fears, and move on to how to overcome them.

4 ways to overcome your fears



In the video
from 2:33

Here are four strategies to tackle the fears you've reflected on so far.



METHOD 1

Reframe your fear

7

Six steps that turn abstract worries into concrete issues.



METHOD 2

The Batman effect

10

Borrow the courage of an alter ego.



METHOD 3

The 10/10/10 rule

11

Zoom out and see the bigger picture.



METHOD 4

The "No one cares" mantra

12

Step out of the spotlight you imagine.

METHOD 1 OF 4

Reframe your fear

The six-step framework

The first method is to reframe your fear with this six-step framework, adapted from Tim Ferriss's "fear-setting". It helps you focus on the present moment instead of overthinking.

Work through the six steps on the next two pages, one at a time.

WHERE IT COMES FROM

Tim Ferriss calls it fear-setting: writing your fears down in detail, instead of only setting goals.

Tim Ferriss, "Why you should define your fears instead of your goals", TED talk, 2017

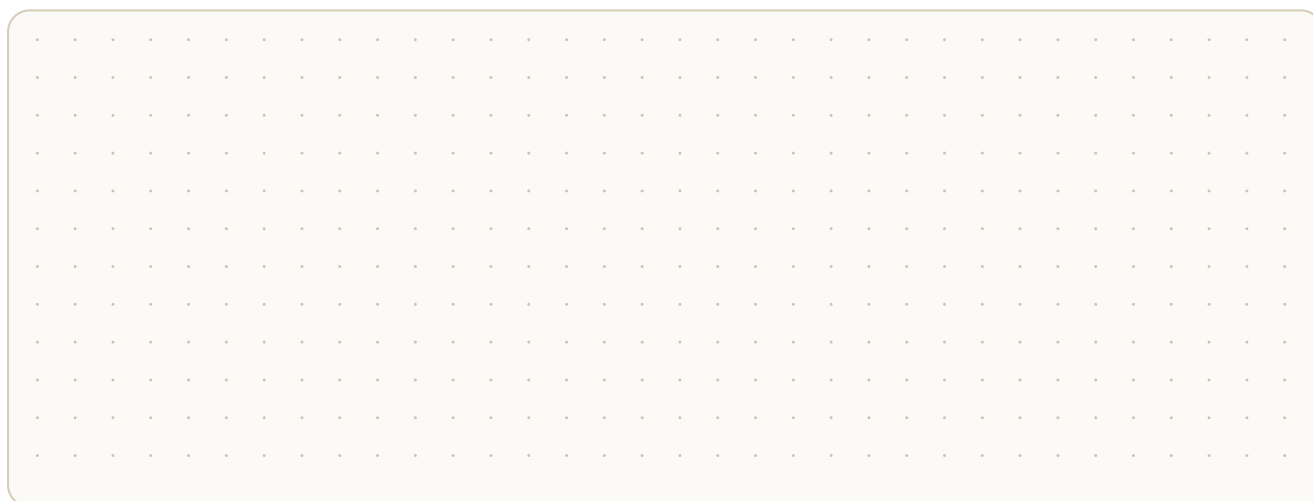
1 Write down the change you're making.

For example: "I want to exercise and improve my overall physique."



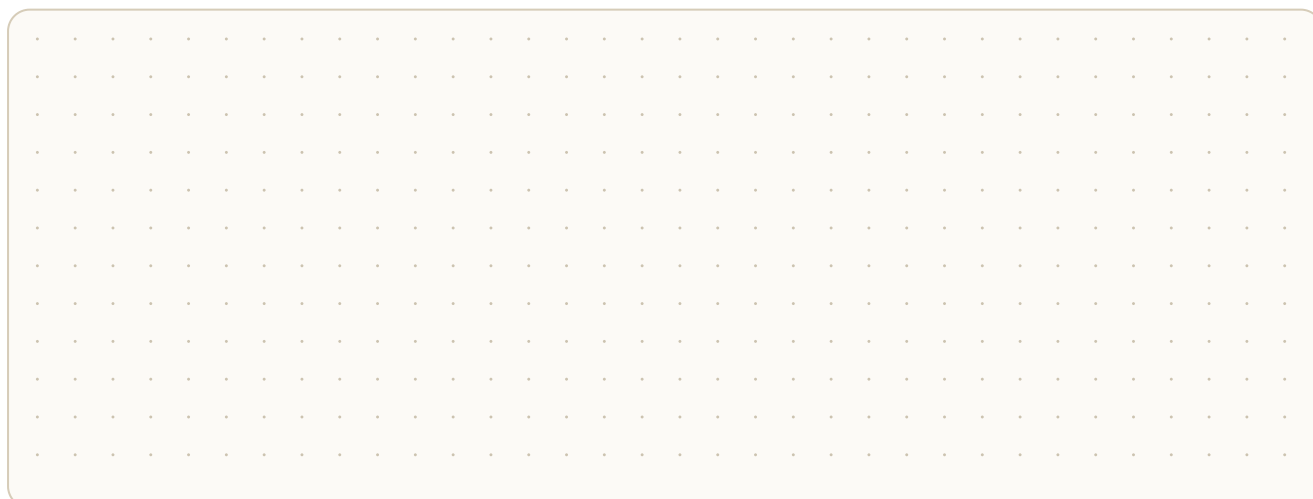
2 List the worst possible outcomes.

For example: "I might push myself too hard and get hurt. I might even die from overexerting myself."



3 List the actions you could take to prevent those outcomes, or make them less likely.

For example: "I'll work out every two days, so my body has enough rest to recover."



4 If the worst does happen, list the steps you could take to get back to where you are today.

For example: "If I strain a muscle, I'll rest it, get it checked, and start again with lighter weights."

5 What could be the benefits of an attempt, or a partial success?

For example: "I'll start to see my weight going down each time I exercise."

6 What would inaction cost you in 3 months, in 12 months, and in a few years?

For example: "My health will get worse, and my older self will regret that my younger self didn't have the discipline to exercise and keep in shape."

This six-step framework turns your abstract worries into concrete issues.

The Batman effect

Step into an alter ego

Adopt an alter ego with the traits you want, such as fearlessness and confidence. It gives you courage and determination your everyday self might not feel.

THERE ARE THREE STEPS TO THIS METHOD

- 1 **Think of something you've been putting off because of fear.** It could be a new hobby or a side hustle.
- 2 **Find an alter ego who has no trouble with it.** Somebody with the qualities you want, such as confidence, courage and discipline.
- 3 **Step into your alter ego.** Find a quiet place where you can picture yourself turning into that character. At the same time, create a mantra, such as "I am confident, I am fearless and I am unstoppable."

The more you practise it, the more you'll be able to channel the Batman effect to overcome your fears.

THE RESEARCH

In a 2017 study, 4- and 6-year-olds who pretended to be Batman, or another hard-working character, kept at a dull task longer than children who thought about themselves as "I".

Rachel White and colleagues, "The 'Batman Effect'", *Child Development*, 2017

EXERCISE

What have you been putting off because of fear?

EXERCISE

Who is your alter ego? What qualities do they have?

EXERCISE

Write your mantra.

Zoom out

The idea is to zoom out of your current situation and look at it from another angle. Each “10” stands for a span of time: 10 minutes, 10 weeks and 10 years. As you look at it on a larger scale, you start to see that the situation isn’t as harmful as it seems.

THE RESEARCH

Psychologists call this temporal distancing. In a series of studies, people who pictured how they'd feel about a recent stressor in the distant future felt less distressed than people who pictured the near future.

Emma Bruehlman-Senecal and Özlem Ayduk, "This too shall pass", *Journal of Personality and Social Psychology*, 2015

EXERCISE

Think of the potential failure.

ASK YOURSELF

Will this matter in 10 minutes?

THEN ASK

Will this matter in 10 weeks?

FINALLY, ASK

Will this matter in 10 years?

In the grand scheme of things, you'll realise it's not as bad as you think.

The “No one cares” mantra

Step out of the spotlight

This mantra stops you putting yourself in the spotlight, thinking everyone is watching you 24/7. They aren't: everyone is busy thinking about themselves. Repeating the mantra tells you how small the situation really is, which lowers your anxiety.

THE MANTRA

“No one cares if... *[the thing you want to do]*”

- No one cares if my Instagram posts are low quality.
- No one cares if I turn up to prom night without a date.
- No one cares if my outfit doesn't match my accessories.

THE RESEARCH

In a 2000 study, students who wore an embarrassing T-shirt into a room guessed that about half the people there noticed it. In fact, only about a quarter did. Psychologists call this the spotlight effect.

Thomas Gilovich, Victoria Husted Medvec and Kenneth Savitsky, “The spotlight effect in social judgment”, *Journal of Personality and Social Psychology*, 2000

EXERCISE

Write your own, for the things you've been holding back on.

No one cares if

No one cares if

No one cares if

It only works if you repeat it until it becomes a habit, so it kicks in whenever you need it.

TO END OFF

Now go conquer your fears!

If you've made it to the end of this worksheet, you're amazing! You've gone a step further than most people, who never take the initiative to address their fears. They put them aside and tell themselves they'll deal with them one day, but that day never comes. You didn't do that. You took responsibility and completed this worksheet, and that puts you ahead of many.

Here's my advice: the only way to keep your fears under control is to make a habit of reviewing them every now and then. Come back to this worksheet whenever a fear creeps back in.

I truly appreciate you taking the time to do it.



Chuan Long

COME BACK TO IT

When will you come back to this worksheet? Pick a date, and put it in your calendar.

KEEP IN TOUCH



ALL MY FREE RESOURCES

Worksheets, a workbook, phone wallpapers and a journal planner, on my website.

ongchuanlong.pages.dev/resources

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Where these ideas come from

This worksheet brings together my own experience and what I've learned from authors and researchers. If an idea speaks to you, go to the source.

The five buckets of fear	Paul Millerd, <i>The Pathless Path</i> (2022)
Affective labelling	Matthew Lieberman, Naomi Eisenberger, Molly Crockett, Sabrina Tom, Jennifer Pfeifer and Baldwin Way, "Putting feelings into words", <i>Psychological Science</i> (2007)
The six-step framework	adapted from Tim Ferriss's fear-setting, from his TED talk "Why you should define your fears instead of your goals" (2017)
The Batman effect	Rachel White, Emily Prager, Catherine Schaefer, Ethan Kross, Angela Duckworth and Stephanie Carlson, "The 'Batman Effect': Improving perseverance in young children", <i>Child Development</i> (2017)
Alter egos for adults	Todd Herman, <i>The Alter Ego Effect</i> (2019)
The 10/10/10 rule	Suzy Welch, <i>10-10-10</i> (2009). Her version asks about 10 minutes, 10 months and 10 years.
Looking at a stressor from the distant future	Emma Bruehlman-Senecal and Özlem Ayduk, "This too shall pass", <i>Journal of Personality and Social Psychology</i> (2015)
The spotlight effect	Thomas Gilovich, Victoria Husted Medvec and Kenneth Savitsky, "The spotlight effect in social judgment", <i>Journal of Personality and Social Psychology</i> (2000)

Chuan Long

Empowering young people to discover who they are and
create their best future.

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