

Overcoming Fears

Worksheet: Understanding Fear & Building Confidence Safely

Important note

This worksheet is an educational support tool, not a replacement for professional mental health support. Safety and personal choice are always priorities.

Purpose:

This worksheet supports understanding and normalisation of fear, while encouraging safe, gentle approaches to confidence-building. It avoids pushing into distressing or unsafe situations.

You may skip any section that does not feel helpful.

Part 1: Normalising Fear

Read the statements below and note any that feel true:

- Fear is a natural protective response
- Fear can persist even when danger has passed
- Avoidance often feels helpful in the short term
- Fear does not mean I am weak
- My reactions make sense given my experiences

Reflection (optional):

What feels reassuring to read here?

Part 2: Understanding My Fear Patterns

Without going into detail about specific events, reflect gently:

- Situations where fear tends to show up for me:

- How fear usually affects my body or thoughts:

Part 3: Fear as Learned Response

Consider this idea:

“My fear response may be learned — and learning can change.”

Reflection:

- How does viewing fear as learned (rather than personal failure) feel?

Part 4: Supporting Safety and Confidence

Reflect below:

- What helps me feel calmer or more grounded when fear shows up?

- What reminds me that I have choice and control?

Part 5: A Compassionate Reminder

When fear arises, it may help to remember:

“This is my nervous system trying to protect me.

I can go slowly.

I can choose what feels safe.”

Write your own reminder:

Final Reflection

- What felt most helpful or reassuring in this worksheet?

- What feels safe to focus on right now?

- What does gentle progress look like for me?

Closing Note

Overcoming fear does not mean pushing yourself into danger or distress.
It means learning, understanding, and supporting your nervous system over time.

You are allowed to move at your own pace.
And your safety always comes first.

How to Access Further Support in New Zealand:

- Contact your local GP
- Dial 111 for immediate support
- Free call or text 1737 any time for support from a trained counsellor
- Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)
- Youth line – free text 234, call 0800 376 633, webchat at youthline.co.nz, DM on Instagram @youthlinenz, message on Whats App 09 886 56 96.
- Samaritans – 0800 726 666
- Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)
- Depression Helpline – 0800 111 757 or free text 4202 To talk to a trained counsellor about how you are feeling or to ask any questions
- Anxiety NZ – 0800 269 4389 (0800 ANXIETY)