

## Activity 2: Examine Your Fears.

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**List your top 10 fears and concerns.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

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**Test each threat for a true risk-assessment with the following questions:**

- ➔ **What assumptions are behind the fear or concern?**
- ➔ **What does it really mean?**
- ➔ **What is the worst-case scenario?**
- ➔ **How can you diminish, avoid, work around, or otherwise address the problem?**