



# facing my fears

journal

***"Courage is resistance to fear, mastery of fear—  
not absence of fear."***

**– Mark Twain**

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# fear isn't the boss of me

Fear isn't just something that happens to you—it's your brain's way of trying to protect you. But sometimes, it gets a little too protective, keeping you stuck when you really want to move forward. The truth is, fear isn't the enemy. It's just a signal.

You don't have to erase your fears to live a full life. You just have to learn how to stop letting them control you. Some fears will shrink as you face them, and others might stick around—but either way, you can keep going.

## Why Do We Feel Fear?

Fear is natural. It's our brain's way of keeping us safe. But sometimes, fear holds us back from things that won't actually harm us.

## The Science of Fear

- **Fight, Flight, or Freeze:** Your brain (amygdala) reacts to perceived threats, triggering survival instincts.
- **Not Always Rational:** Fear doesn't always mean real danger—sometimes, it's just a false alarm.



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## Why Fear Shows Up

- ✦ **Past Experiences:** Bad memories shape what we fear.
- ✦ **Uncertainty:** The unknown makes us anxious.
- ✦ **Social Conditioning:** We learn fears from family, culture, or media.
- ✦ **Self-Doubt:** Fear of failure or judgment keeps us stuck.

# get to know me time!

Hello! My name is...

Nickname

Age

Address

Birthday

Zodiac Sign

My Hobbies are

Fun Facts About Me

My Favorite

Color: .....

Food: .....

Pet: .....

Song: .....

Movie: .....

My Motto in Life