

Drawing your Fears

Instructions:

1. At the top of the page, write a title for the situation that is scaring you or causing you to worry.
2. On the left side, draw what you are afraid of happening.
3. In the middle, draw what you actually think is going to happen.
4. On the right side, draw what the best case scenario looks like.

The situation I am worrying about or am afraid of is:

What I am afraid will happen	What will probably happen	The best thing that could happen