

Responding With Fear and Worry

While our responses can seem automatic and outside our control, it is valuable to revisit and reflect upon them to understand if they are helpful and appropriate. After all, fight and flight responses developed to answer a need and still, at times, remain crucial for survival.

This worksheet explores a time when you, or someone close to you, experienced real danger, then asks you to consider whether you should consider your response as helpful or not. Recognizing that, at times, a rash, automatic response may be the right one helps us reduce our fear of being unable to handle situations.

Step one: think of a dangerous or threatening event from your past, perhaps a fall, encounter with someone dangerous, or an accident.

Describe the event:

How did you respond?

Was your response helpful and appropriate? Or unhelpful and inappropriate?

Step two: think of a time when being anxious and worrying helped you prepare and plan for a potential problem.

Describe the problem:

How did you respond?

Was your response helpful and appropriate? Or unhelpful and inappropriate?

If your responses were appropriate and helpful (perhaps in saving you or others from harm), then recognize the value of your fight and flight response. If not, consider that your fear and panic may be damaging how you interact with your environment.

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