

# WORRIED/AFRAID



Dispel worry through determined action.

## What it's about; what it does for us...

...Feeling something is out of our control; it makes us try to regain control.

### WORRY

#### We feel this when...

...we think something bad might happen, although we might not be sure what.

#### It makes us...

...avoid possible risks and problems, it leads us to warn others about danger. It can force us to get out of our comfort zone and do something to regain control.

### AFRAID

#### We feel this when...

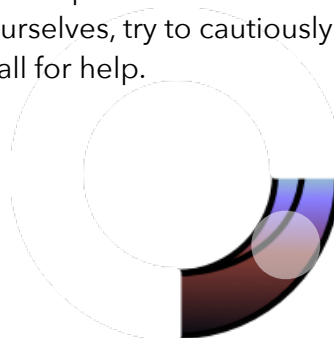
...we see danger, we think we might get hurt, we feel something is out of our control, we might fail or be rejected.

#### It makes us...

...escape or avoid situations, act to defend ourselves, try to cautiously regain control, or call for help.



PROTECTING  
ME QUADRANT



INSECURE  
ZONE