
Day 4: Fear vs Reality Check

Today's Focus: Challenge catastrophic predictions by testing them

Time Commitment: 20 minutes

Core Exercise: Fear vs Reality Comparison

Morning Check-in (2 minutes)

Daily Questions:

- What am I avoiding today and what fear is driving it?
- What is one small step I can take toward a feared task?
- How can I show myself compassion around this challenge?

Yesterday's pattern insights:

What did you notice from tracking your mood/energy/procrastination?

Main Exercise: Fear vs Reality Experiment (15 minutes)

Purpose: Gather evidence that your fears are often worse than reality

Step 1: Choose Your Test Case (3 minutes)

Pick ONE specific task you've been avoiding (not the biggest, scariest one - start medium):

Task: _____

My fear/prediction about what will happen:

How confident am I this will happen? (1-10): _____

What's the worst realistic outcome?

What's the most likely outcome?

Step 2: Create Your Action Plan (4 minutes)

Smallest possible first step: _____

When I'll do it today: ____:____

How long I'll work on it: ____ minutes

What support/preparation do I need?

Step 3: Success Visualization (3 minutes)

Close your eyes for 2 minutes. Vividly imagine:

- Successfully taking your first step
- How you'll feel during the task
- The relief and pride after completing it
- What you'll do to celebrate this small win

Key details from your visualization:

Step 4: Execute and Record (5 minutes)

Actually do the small step now - set a timer if needed

Immediately after, record:

What actually happened:

How it compared to my fear:

- Better than expected
- About what I expected
- Worse than expected

Feelings during the task: _____

How I feel now: _____

What I learned: _____

Comfort Zone Stretching (2 minutes)

Purpose: Gradually expand what feels safe

One small way I'll stretch my comfort zone today:

(Examples: Make that phone call, ask a question, speak up in a meeting, try something new)

When I'll do it: ____:____

Reality Check Reflection (1 minute)

Complete this sentence:

"I discovered that my fears are often _____ than reality because
_____."

Tomorrow's Preparation

Tomorrow we'll create a systematic ladder for facing your fears, starting with the easiest ones.

Reality Testing Thought:

"My fears are not facts. I can test them gently and discover the truth for myself."
