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# Day 28: Fear Visualization and Acceptance

**Today's Focus:** Reduce fear's power through exposure and mindfulness

**Time Commitment:** 20 minutes

**Core Exercise:** Fear Visualization and Acceptance

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## 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?

*Evidence Building Check:*

**How did reviewing your capabilities evidence feel yesterday?** \_\_\_\_\_

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## Understanding Fear Visualization (3 minutes)

Mental rehearsal of feared situations can reduce their emotional impact when they occur in reality. This technique combines exposure therapy with mindfulness acceptance.

## Your Current Fear Avoidance Strategy

### *When faced with a scary task, I usually:*

- Think about something else immediately
- Distract myself with other activities
- Convince myself it's not that important
- Research endlessly to avoid starting
- Wait for the fear to go away on its own

■ Other: \_\_\_\_\_

How effective is this strategy long-term? \_\_\_\_\_

## Identifying Your Visualization Target

*Choose a task you're currently avoiding due to fear:*

\_\_\_\_\_

Rate your fear level about this task (1-10): \_\_\_\_\_

*Specific aspects that scare you most:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

\_\_\_\_\_

## Main Exercise: Mindful Fear Visualization (13 minutes)

### Step 1: Preparation and Grounding (3 minutes)

*Find a comfortable position and take 5 deep breaths*

**Body scan:** Notice where you hold tension when relaxed

- Head/jaw: \_\_\_\_\_
- Shoulders/neck: \_\_\_\_\_
- Chest/heart: \_\_\_\_\_
- Stomach: \_\_\_\_\_

**Grounding affirmation:** "I am safe in this moment. This is just practice."

### Step 2: Gentle Fear Exposure Visualization (7 minutes)

*Close your eyes and slowly imagine approaching your feared task:*

*Step-by-step visualization:*

**1. See yourself preparing to start the task**

- What physical sensations arise? \_\_\_\_\_
- What thoughts appear? \_\_\_\_\_
- What emotions are present? \_\_\_\_\_

**2. Imagine beginning the first action**

- Notice fear without fighting it
- Breathe with the sensations
- What does fear feel like in your body? \_\_\_\_\_

**3. Visualize continuing despite the fear**

- See yourself taking another step
- Practice self-compassion with scared feelings
- What would you say to comfort yourself? \_\_\_\_\_

**4. Imagine completing part of the task**

- How does your fear level change? \_\_\_\_\_
- What relief or pride might you feel? \_\_\_\_\_

**5. See yourself reflecting on the experience**

- What did you learn about yourself? \_\_\_\_\_
- How might this change your relationship with the task? \_\_\_\_\_

**Step 3: Fear Acceptance Practice (3 minutes)**

*Return to your current moment and complete these fear acceptance statements:*

"I notice I am feeling \_\_\_\_\_"

"This feeling is \_\_\_\_\_" (temporary, human, understandable)

"I can feel this fear and still \_\_\_\_\_"

"What this fear is trying to protect me from is \_\_\_\_\_"

"I can thank my fear for trying to help and still choose to \_\_\_\_\_"

How has your fear level about the task changed? (1-10) \_\_\_\_\_

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## Fear Relationship Reframe (1 minute)

*Instead of fighting fear, how might you relate to it differently?*

- As a worried friend giving overly cautious advice
- As information about what matters to you
- As energy that can be redirected toward action
- As a sign you're growing outside your comfort zone
- Other: \_\_\_\_\_

*Your new relationship with this specific fear:*

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## Courage Journal Entry (1 minute)

Today's courageous act: \_\_\_\_\_

What I learned about fear through visualization: \_\_\_\_\_

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## Tomorrow's Preparation

Tomorrow we'll work on developing a growth mindset around challenges and setbacks.

*Fear Acceptance Thought:*

*"Fear is not my enemy - it's information. When I stop fighting it and start accepting it, fear loses its power to control my choices."*

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