
Day 14: Facing Fears in Your Mind

Today's Focus: Reduce fear's power through visualization and acceptance

Time Commitment: 20 minutes

Core Exercise: Fear Visualization and Acceptance

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 yourself compassion around this challenge?

Uncertainty practice check:

How did acting despite uncertainty feel yesterday? _____

Understanding Fear Visualization (3 minutes)

When we repeatedly avoid thinking about feared scenarios, they grow larger in our minds. Deliberately visualizing them - while staying grounded - can reduce their emotional power.

Warning: This exercise might feel uncomfortable. That's normal and expected.

Your Fear Profile

Choose a specific fear related to a task you're avoiding:

The task: _____

My specific fear about it: _____

Intensity of this fear (1-10): _____

Physical sensations when I think about this fear:

Main Exercise: Gradual Fear Exposure Visualization (12 minutes)

Step 1: Create Your Safe Mental Space (2 minutes)

Before we visualize the fear, establish a mental "safe space" you can return to.

Visualize a place where you feel completely safe and calm:

- Where is it? _____
- What do you see? _____
- What do you hear? _____
- How does your body feel there? _____

Spend 1 minute mentally "visiting" this space

Step 2: Gradual Fear Visualization (6 minutes)

Phase 1 - Gentle Approach (2 minutes):

Imagine preparing to do your feared task. Don't actually imagine doing it yet - just getting ready.

- What are you thinking?
- What do you feel in your body?
- Rate anxiety (1-10): _____

Phase 2 - Beginning the Task (2 minutes):

Now imagine actually starting the task. Visualize the first few minutes.

- What happens in your imagination?
- How intense are the feelings? (1-10): _____
- Can you stay present with the discomfort?

Phase 3 - Feared Scenario (2 minutes):

Imagine your feared outcome actually happening. Stay with it.

- What specifically occurs?
 - How do you respond in your imagination?
 - What happens after the feared event?
- Rate the intensity now (1-10): ____

Step 3: Recovery and Learning Visualization (4 minutes)

Visualize yourself handling the aftermath:

- How do you cope with the feared outcome?
- What support do you seek?
- What do you learn from the experience?
- How do you bounce back?
- What are you doing 6 months later?

Complete this reflection:

"Even if my feared outcome happened, I would ____."

"I could handle it by ____."

"It wouldn't permanently ____."

Growth Mindset Cultivation (2 minutes)

Purpose: Transform how you view challenges and setbacks

Recent struggle with procrastination: ____

Fixed mindset response: "This proves I'm ____."

Growth mindset reframe: "This shows I'm learning to ____."

Challenge I'm currently facing: ____

Fixed mindset response: "I should be able to ____."

Growth mindset reframe: "I'm developing skills in ____."

Fear Power Check (1 minute)

Return to your original fear from the beginning:

Rate the fear intensity now (1-10): _____

How does it feel different after the visualization?

What did you learn about your ability to handle difficult outcomes?

Tomorrow's Preparation

Tomorrow we'll challenge perfectionism - a major driver of avoidance procrastination.

Fear Acceptance Thought:

"I can visit my fears in my mind without being overwhelmed by them. They are thoughts, not reality."
