



REFLECTION QUESTIONS

- Notice the changes happening and how they impact various aspects of your life.
- What are the emotions you are feeling?
- Specifically, what fears do you notice? Have compassion for yourself. This is hard because it IS hard.
- Talk with your family member, partner, or trusted friend about the changes you are noticing, the emotions you are feeling, the fears you have, and how that is impacting you (daily functioning, mental/emotional health, attitude, energy level, etc.).

Change	Ex: New job
Impact on Life	Different schedule, busier, tired
Emotion	Exhaustion, anxiety, nervous
Fear	Losing time with loved ones, failure

EXPLORING FEAR

RESOURCES & REFLECTIVE GUIDES

"Change & Fear: You Can Do Hard Things"

Change is a normal part of life, but it is often HARD.

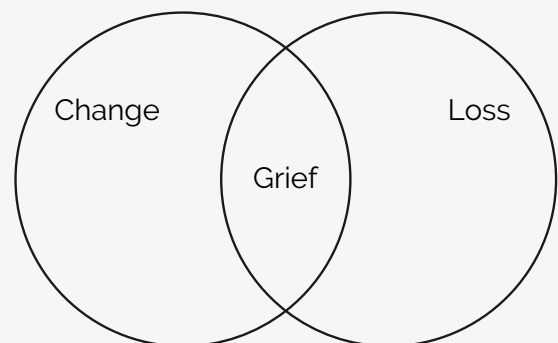
You are moving from:

Known → Unknown
 Safety → Uncertainty
 Comfort → Discomfort
 Expert → Beginner

Here are some aspects of change:

Complex Change: multiple changes at the same time or in close succession, or a change that affects multiple aspects of your life.

Change Grief: change always includes loss of some kind, often requiring a grieving process, even if the change is good

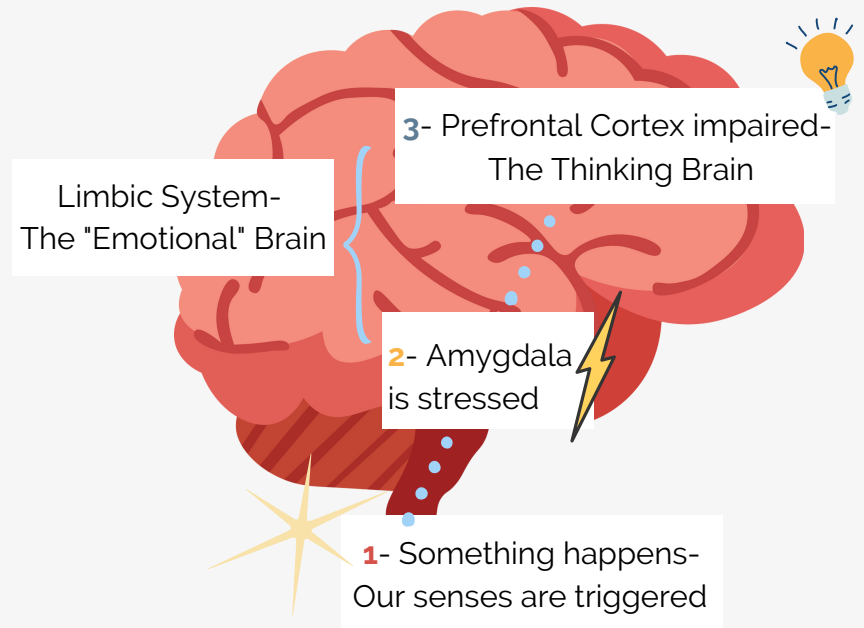




REFLECTION QUESTIONS

- What do you perceive as a threat or a fear right now?
- How has it been hard to think/process in the midst of strong emotions surrounding fear? (This is a reaction to the prefrontal cortex being impacted by the cortisol surges when you feel anxious/afraid)?
- What category do you usually fall into with your reactions - fight, flight, freeze or fawn?
- If you notice these reactions in yourself and find they are disruptive, there are ways to cope with this ongoing stress and stay grounded. (In the brain, this looks like soothing the amygdala and maintaining the connection between the amygdala and prefrontal cortex.)
- There are an infinite number of ways to soothe yourself in moments of stress or fear. What are some ideas of ways to comfort yourself when you are entering a stress cycle?

MAKING SENSE OF THE BRAIN



Step 1-The Threat

What do you perceive as a threat/fear right now?

Step 2- The Amygdala is stressed -> Release of Hormones

Cortisol (stress hormone) is sent through your body. How have you felt your body react to stress?

Step 3- The Prefrontal Cortex (decision making) doesn't work.

What is your response?

FIGHT - aggressive, angry, sarcastic

FLIGHT - flee, avoid

FREEZE - shut down

FAWN - avoid through people-pleasing

(humor/denial/caring for others when you need care)

How are your decisions impaired?



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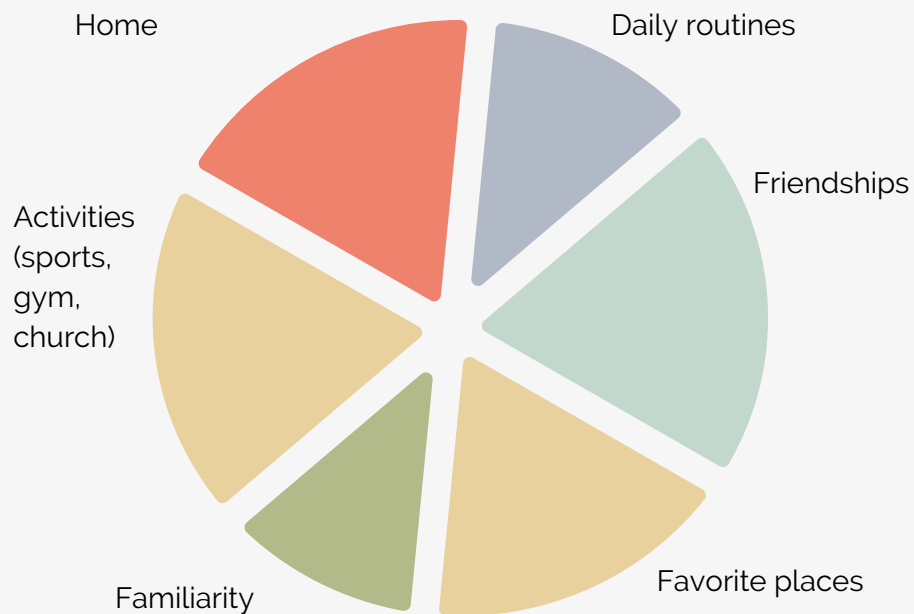
- How does this change (and its effects on the various "slices" of your life) impact you:
 - spiritually
 - physically
 - emotionally
 - relationally
 - financially
- Where could you see opportunity for growth in the change?

ACTIVITY: MAKING SENSE OF CHANGE

What is a change you have experienced, are experiencing, or anticipate experiencing?

Fill in the slices of the pie for the aspects of your life affected by this change? How big would each slice of the pie be?

For example: The change of moving.



Your turn! Grab a piece of paper and create your own pieces of the pie.



REFLECTION QUESTIONS

For Younger Kids:

- What season is your favorite? What season is your least favorite?
- What does summer/fall/winter/spring FEEL like to you? (physically/emotionally)
- What season are you in right now emotionally? What season do you want to be in?

For older kids:

- What emotions do you think of when you imagine each season?
- What season best describes how you're feeling right now? How long have you felt like _____ season?
- What season do you associate with the most positive feelings
- What helps you feel like you're in _____ season?

KIDS/TEENS ACTIVITY: CHANGING SEASONS

Change in our lives is like the changing of the seasons. We don't always like the season we are in, but it will eventually change to be something different, even something we like.

Use the questions on the left to talk through together...

(If you live in a climate with less than 4 seasons, maybe they have seen a movie that depicts other seasons and they can describe based on their experience with the movie.)

In the boxes, draw or write descriptive words for what each season is like to them.



Summer

Fall



Winter

Spring





REFLECTION QUESTIONS

- **PUT YOUR FEAR UNDER A MICROSCOPE:** Take a minute to think about the fear(s) you are carrying. Put names to what you are anxious about today.
 - How are the fears making you feel/impacting your life?
 - What are you missing out on because of this fear?
- **PUT YOUR FEAR INTO CONTEXT:** What is the worst thing that could happen?
- **RATIONALIZE:** What are the truths that can anchor you in the midst of this fear? How can you discern the lies?
- **SHOW COMPASSION TO YOURSELF:** What are things that have helped you experience a sense of calm in the past? How can you show compassion to yourself in this season?
- **ACCLIMATING TO FEAR:** What could getting used to your fear look like? What is your hope?



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Groups

OVERCOMING FEAR

Work through each step of the visual by asking yourself the Reflection Questions. Take a piece of paper and write your own goals/thoughts for each stair step.

Overcome fear literally one step at a time!

