

## Tool 13.3: Resolving fears

Date:

In the first column, write down a fear. It could be a consequence of detaching from your loved one, trying a strategy you haven't, or something else. Fill in the next two columns based on the first. If your first response becomes a fear of its own, start with that on a new line.

This technique allows us to create plans—and those plans can make fear more manageable.

What scares you?	Write your fear as a what-if.	How would you respond?
Ex: If I leave my partner, they'll get worse.	Ex: What if I leave and they do get worse?	Ex: I'll feel guilty
Ex: That I'll feel guilty.	Ex: What if I do feel guilty?	Ex: I'll work through it with my therapist and the exercises in Chapter 7 (Inner dialogue).