



WORK SHEET – EXERCISE 2A

What is fear?

Fill in the table. Order the different indicators by level of intensity.



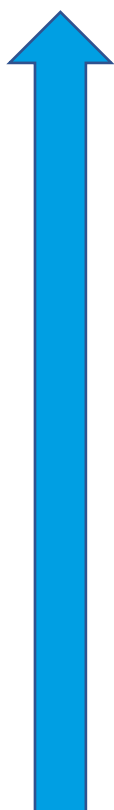
I feel...	My body, my voice, my breathing...	I think, I tell myself...



WORK SHEET – EXERCISE 2A

What is fear?

You can cut out the squares and stick them in the right column.



I feel...	My body, my voice, my breathing...	I think, I tell myself...
I'm panicking.	I can't breathe.	"Help!"
I'm in distress.	My heart is beating hard.	"It's bad!"
I'm agitated.	I'm stuttering.	"Everyone will make fun of me."
I'm tense.	My throat is dry.	"I'm stupid."
I'm worried.	I breathe quickly.	"I will make a mistake."
I'm fearful.	My stomach hurts.	"What will they say?"
I feel timid.	I'm hot. I'm sweating.	"I'm all alone."