

SELF-EVALUATION WORKSHEET – WORKSHOP NO. 2

What is fear? What can we do?



Here are different statements that you can evaluate:

1. I liked the video.				
2. I liked the activities and learning tools.				
3. I've learned about the different levels of fear.				
4. I've learned to observe the indicators of fear.				
5. I'm able to express myself more clearly about what I feel when I'm afraid.				
6. I've learned to find my composure again.				
7. I know how to use my breathing to calm me down.				