

# EXERCISE 5

If we knew we could handle everything, we wouldn't be afraid of anything. We all have moments of insecurity, which is why we ALL fear something. And although it sounds trivial, in order to reduce anxiety, it is enough to believe that we will be able to cope with what will happen to us.

Fears are part of the world we live in, and these activate the stress response.

Human life is full of fears, but whether we deal with them or not depends on the way we think.

Written thoughts sound different than those that appear in our heads. So first you need to do the first step:

**Make a list of all your fears. Don't miss anything, write down everything that comes to your mind – from top to bottom.**

**Take a look at your fears. Do you already know where the fears that generate stress come from?**

There is only one principle here: it is not the situation we find ourselves in that causes us to fear, but the way we perceive and think about it. How we perceive various events is of key importance to us.

