

Fear setting

Purpose

Writing down each of your fears and then focusing on how you would deal with those situations if they arise can be incredibly helpful for managing anxiety and stress. We use this practise regularly when we are thinking about embarking on a new idea or adventure.

Why?

This practice engages the brain's prefrontal cortex, responsible for rational decision-making and problem-solving, which helps to shift focus from the emotional centers of the brain, such as the amygdala, which trigger fear responses. When you articulate your fears on paper, you activate cognitive processes that can reduce their intensity. Also, strategising how to cope with these fears activates the brain's planning circuits, fostering a sense of control and empowerment.

This process essentially rewires the brain, weakening the neural pathways associated with fear and strengthening those linked to problem-solving and resilience. Ultimately, by confronting and addressing our fears head-on, we can cultivate a more adaptive response to challenging situations, leading to greater emotional well-being and resilience.

For more on this - check out [this](#) Ted talk if you are a more visual learner.

The process

- **Grab pen and paper.**
- **At the top write down your key statement- What if I.....**
- **Now write down all the worst case scenarios that could happen if you take this option.**
- **Then next to each one strategise ways to prevent each worst case scenario from happening.**
- **And finally go back through and write down - if it did happen-how would you repair damage caused by it?**
- **Finally define the “costs” of staying still and not making a decision.**
- **To conclude write a summary of worst and best case scenarios and their impact.**

See example on next page and flick us a message if you used this and found it helpful :) Good luck with your decision making.

Example

Key Statement: What if I.... accept a redundancy package and don't find another job for six months?

Worst Case Scenarios:

1. I could deplete my savings and struggle financially.

Prevention: Create a budget, reduce expenses, and explore alternative income sources such as freelancing or part-time work.

Repair: Seek financial assistance, adjust spending habits, or consider temporary employment options.

2. My skills might become outdated or irrelevant during the unemployment period.

Prevention: Stay updated with industry trends, participate in online courses or certifications, and network with professionals in the field.

Repair: Invest in retraining or upskilling programs, attend workshops or seminars, or seek mentorship opportunities.

3. I may experience a loss of confidence and motivation due to prolonged unemployment.

Prevention: Maintain a routine, stay connected with peers and support networks, and focus on personal well-being through exercise and hobbies.

Repair: Seek counselling, mentor or coaching for emotional support, join support groups, or engage in activities that boost my confidence and morale.

Upsides of Making the Decision:

1. Opportunity for a fresh start or career change.
2. Potential for a higher redundancy pay out.
3. Time to explore new interests or pursue personal projects.

Costs of Staying Still:

1. Missed opportunities for career advancement or growth.
2. Continued stress and dissatisfaction in current job.
3. Potential for redundancy under less favourable terms in the future.

Summary:

Worst Case Scenario:

Financial strain, skills obsolescence, and emotional distress could result from accepting a redundancy package and experiencing a prolonged period of unemployment, necessitating proactive measures to mitigate the impact and regain stability.

Best Case Scenario:

Utilising the redundancy period as an opportunity for personal and professional growth, exploring new career paths, and eventually securing a fulfilling and rewarding job opportunity.