



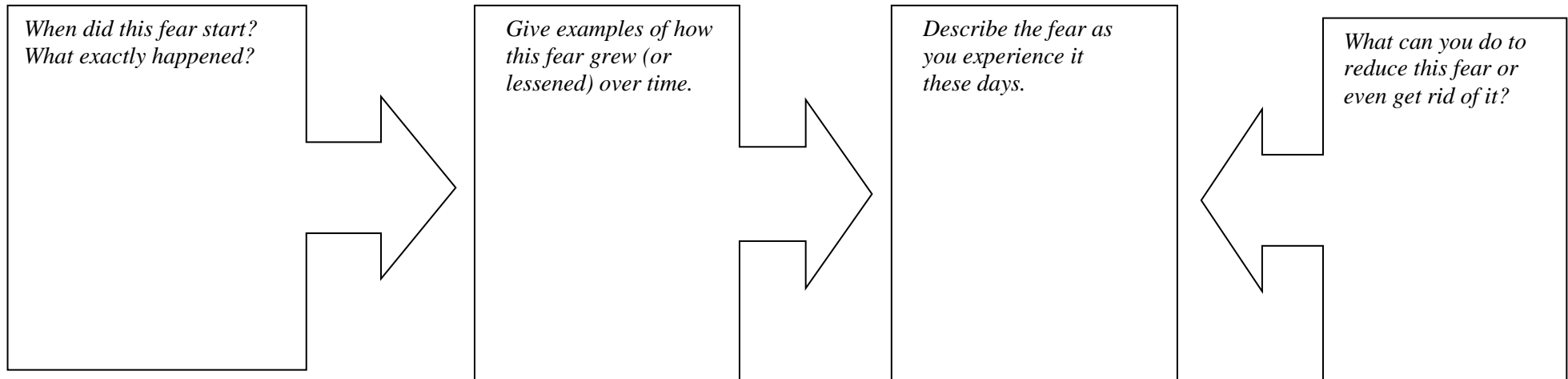
Name: _____

Class: _____ Date: _____

My Fears Have History

An activity of "The science behind our fears"

In the May issue of *What's Up*, you'll find two pages about fears (see pages 16 and 17). Read "**The science behind our fears**" and "**Are zombies real?**" before you do this activity. Rational fear is usually a healthy emotion as long as you can cope with it. Even fears that don't make sense — irrational fears — are not so bad as long as you are not affected too seriously by them. But, the fewer fears we have, the easier life will seem. One way to start shrinking your fears is to figure out where they came from. And, how they grew. Use the diagram below to chart out the history of any one of your fears.



Next, tell a friend the story of your fear from the point at which it started to what it is today in your life. For a happily-ever-after ending, add what you imagine can be done to get rid of this particular fear. And, invite your friends to share the histories of their fears as well. As you listen to their happily-ever-after endings, you may get great new ideas for how to tackle your own fears!