

Brave Steps Plan

Practice approaching difficult situations gradually rather than waiting for fear to disappear.

Bravery is not the absence of fear. It is practicing a helpful action while fear is present. Choose a step that is challenging but doable.

The situation I want to get better at handling:

My fear predicts:

My Brave Steps

Practice step	Before: fear 0-5	After: fear 0-5	What I learned

A coping statement I can use:

- I can feel worried and still take one step.
- I do not have to solve the whole day right now.
- My job is to practice, not to feel perfect.

■ Other: _____