

Another block to creating the life that a parent wants is their fears.

Session 17

Facing One’s Fears

This session discusses uncomfortable feelings and thoughts as well as explores what is involved in learning how to handle them.

Fear is...

...the feeling of alarm or agitation caused by the expectation or realization of danger. Fear is basically good. It protects us from real or perceived danger. Fear often keeps us from doing something that we feel may cause us harm, BUT some fears can be limiting our growth. They can be a carry-over from another time in one’s life when it was appropriate to protect one self. Now we no longer need that protection. We may think we do! The fear now is inappropriate and may be preventing us from growing and creating the life that we want.

What would you really like to do, but you are afraid to do?

If I were not afraid, I would...

Moving Through the Fear/Creating a Safety Net - Individual Worksheet

Complete the following statement - If I were not afraid, I would...

What is the fear that is keeping me from doing that? Complete the following statement. “I am afraid of...

How does experiencing that fear make me feel? What are the feelings (physical and emotional sensations) that I experience? Be as specific as possible.

What are the thoughts that come to my mind in that situation?

What have I learned from past experiences about how to successfully deal with these feelings and thoughts?

What are some small steps that may help me deal with these feelings and negative thoughts?

What kind of support would I like to have that would help me face this fear and move through it?

Who do I think might be this kind of support for me?

What have I learned about successfully dealing with the feelings that arise when I move out of my comfort zone?

Do I tend to try to avoid the feelings, run from the feelings, or try to tolerate the feelings?

Notes from small group discussion:

Session 17– Review Questions – Facing One’s Fears

1) What is the role of an FSP in helping a family face their fears and move out of their comfort zones?

Good Questions and Effective Listening

The Three Qualities of Good Questions

1. Open-Ended and Honest
2. Comes from Deep Attentiveness
3. Designed to help get in touch with their Inner Truth

Three Things that Family Support Providers are listening for.....

1. Goals
2. Barriers
3. Self-Esteem

Family Support Provider Resiliency Tools

Resiliency Story

1. What you overcame
2. What you learned
3. What strengths your family has developed
4. What you do to keep your child on the right path

Initial Family Support Provider Meeting

1. Explain your Role
2. Give your Background
3. Confidentiality
4. Availability
5. Anything on your mind?
6. End on a Positive Note

Igniting the Spark of Hope

1. Identify an area of interest
2. Create excitement around this possibility
3. Find actions to take
4. Look for something in the doing that will require new skills
5. Use your resiliency experience to strengthen the relationship

Using Dissatisfaction to find Resiliency Goals

1. What are you unhappy with?
2. What do you not like about _____?
3. What would you rather be doing?
4. What is keeping you from doing that?
5. Who can support you in obtaining this goal?
6. When do you want to start?

PICBA

Problem- Clearly identify the Problem

Impact- What Impact is the Family having on the problem

Cost/Benefit- What are the costs and benefits of solving or not solving the problem

Brainstorm- Brainstorm 5-7 different ways to solve the problem

Action- Choose one action off the Brainstorm list to take to solve the problem

Combating Negative Self-Talk

Catch It

Check It

Change It