

Core Fear Scenario

What is your core fear? Here are some good questions to ask yourself:

1. What am I afraid will happen if I don't avoid my trigger and don't do any compulsions?
2. What is the worst thing that could happen?
3. What would this mean about me, my life, or my future?

Once you have identified your core fear(s), write a paragraph about what it would look like if the fear were to come true. Include lots of vivid details: where you are, whom you are with, how you are feeling, and what is happening. You can refer back to Shaneesha's core fear scenario in chapter 11 as an example of how to do this.