



## Overcoming Fear and Sharing Worksheet



*Before sharing an entire article or full-length video about a huge struggle you faced, start small. Share a Level 1 or Level 2 exposure that is the size of a tweet. As you get in the habit of sharing small things that scare you, you will build the confidence to share bigger, more vulnerable stories that rank higher in the levels of exposure. Simple, everyday mishaps, thoughts, feelings, funny things you see, and dumb things you do can be the start of your journey to overcoming fear and sharing.*

### DAILY LEVEL 1 EXAMPLES

#### Consider sharing things like . . .

- A random thought that comes to mind
- The agony of getting up early
- Your thoughts about traffic
- Losing or misplacing something simple
- Issues you are having with your pets
- Drama with small things around the house
- The cleanliness of your car
- Realizing your shirt is on inside out
- A bad hair day
- Technology hiccups that are frustrating
- The annoying parts about going out
- Being lazy and calling yourself out
- Customer service gone wrong—what happened and why you are upset

#### Here are some examples to get you started:

- Wow, I can't believe I just walked into my shower with my headphones on!
- I need an apron . . . tired of side pant stains.
- Don't you just hate it when you type in a long password wrong and have to do it again?
- I wanna pop this pimple so bad, but I'm trying to have nice skin.
- I hate when I paint my toenails and then I can't wear my fuzzy socks around the house for hours.
- Do you know that moment when you want to text someone but you don't want to be annoying so you post about it, or is it just me? I guess it's just me.
- Out of butter. Had to make my omelet with margarine.
- Waking up 15 minutes before your alarm goes off on a Monday morning is a cruel form of torture.
- Am I the only one who when traveling feels like the gate is always at the end of the terminal?
- Moved some apps about on my phone and now I can't find anything . . .
- It's a cruel lesson to learn when you've only had three hours sleep and you think you have coffee, but you don't.

- OMG, I can't believe I spilled coffee on myself, again. I'm a total klutz! When's the last time you spilled coffee on yourself?
- Some people think that they can be perfect all the time. But every time I walk out of the house, I bump into my wall. If I'm not perfect and bumping into everything, why do I need to keep living up to society's standards of perfection?
- Have you ever gone to work and realized that you forgot your keyboard that you borrowed from the office at home? I did! And now I have to turn around and go back home to get it. Darn!
- Forgot I had a meeting with a client today and accidentally wore tennis shoes. What should I do?
- Oh my. I was walking and a bug just flew into my eye!
- I need to watch a tutorial on "how to successfully get into a car when carrying a big umbrella."
- So lame. Bought a new iMac, finally set up my desk to use it this last week to hash out the rest of the book, and the keyboard already stopped working.
- I am exhausted. What do you do when you are in a desperate need of a recharge?
- Oops! I was at the gym for over an hour before I realized that my shirt was on backward.

## DAILY LEVEL 2 EXAMPLES

Level 2 includes interactions you have with others and things you notice about how you feel.

### Consider sharing . . .

- An argument you had with someone and how it made you feel
- Embarrassment about missing something important
- Feeling stressed out to where you feel like stopping on a project you need to do
- Your feelings about how you have a looming deadline and you can't seem to get motivated to start
- Your feelings about how you are lonely and have not hung out with close friends in too long
- How you are so annoyed with online dating, highlighting a date gone wrong
- Your frustrations with technology and your outdated phone
- Your feelings about midterms, finals, or other tests that you had to study for, and whether you did well or poorly on them
- The guilt you feel for not finding the time to spend with your kids
- Financial difficulties, and how they are impacting your life and lifestyle
- Mistakes that you made that are costly
- Working relationships gone bad, like someone scamming you
- Losing things that are expensive to replace
- Being nervous about a talk or presentation you have to give
- Your anxiety about a special event of yours or someone close to you
- Disputes or fights with your relatives
- The sadness that comes with watching your parents age

### Here are some examples ready to go:

- Just had an argument, and I think we both think we won. But in reality I think we both lost.
- I am so frustrated with my progress, I feel like stopping. What should I do?

- Does anyone else avoid what needs to get done, until the deadline is tomorrow?
- Good friends are hard to find. I keep telling myself that on days like these when I have no one to hang out with.
- I am not sure if I feel more guilty for not being able to spend time with my kids or for posting about it online.
- Budgeting my “eating-out” funds is great in theory, until it is Sunday night and the last thing you want to do is cook.
- Not going to lie. Considering taking a break from social media for a while.
- You pay people to do specific work for you, and they don’t do the work. Then they try to disappear on you. What do you do?
- Is it normal to be nervous about attending your own birthday celebration?
- There is nothing more draining than fighting with a sibling (as an adult).
- Am I a bad person for not wanting to go out with my friend on her birthday because I don’t feel connected to her right now? Friendships are a struggle for me right now.
- Who else feels like you sometimes just don’t have any drive or motivation?
- It is always difficult to forgive people who have done harm to me. Is that normal?
- You never know how a person’s absence will affect you until the person has passed. You don’t have to be close to people in order to feel their powerful presence or the connection they have with you and others. Life is short, so cherish those close to you.
- What do you do when a client doesn’t respond to *any* form of communication with you during a project that is ongoing and on a tight deadline as it is . . . Oh, and did I mention that the client is in another country?
- Spent the day going over and over my presentation for Wednesday, and I’m still not sure it’s up to standard.

**Now you try:**

**Step 1**

Think of something that you are scared of sharing.

**Step 2**

Write it down in one to three sentences.

**Step 3**

Share your writing with someone in person and on your digital networks.