Fear Expectation Manager

Instruction	Section 1: Identifying Your Fear
Describe the initial fear or concern	
Explore potential outcomes if the fear persists	
Dig deeper into the consequences of the fear	
Continue to extrapolate potential negative outcomes	
Identify the worst-case scenario	

Instruction	Section 2: Realistic Evaluation
Write what might realistically happen based on current circumstances	
Consider the likely outcomes if you take no action	
Explore the potential for mitigating the worst-case scenario	
List steps and actions to address and alleviate the fear	
Summarize the realistic and actionable steps to overcome the fear	