

Fear Situations

Least Afraid ----- **Most Afraid**

1 2 3 4 5 6 7 8 9
Concerned **Worry** **Scared** **Fear –** **Bothersome** **Frightened** **Dread** **Anxiety**

Other Kids

Talk about it (to anybody you feel safe with)
Be with someone you know in the situation

My Birth Mom

Write about it down in my journal
Discuss it with someone

Boys

Talk to someone (Mom)
Get to know them as friends first. Build a relationship of trust.

Try New Things

Try them slowly
Add more new situations

Talking to someone you don't want to talk to

Give yourself a self-talk to let you know it is ok and it will help you in the end.

Unknown People

Try to meet them
Go to places and get used to people looking at me.
Believe that all people are not bad/mean/ and untrust-worthy

Men

Remove yourself from the situation
Go to Mom and talk about it.
Share your feelings
Talk to your counselor