



Week 15 Homework:

## *Fear and Worry*

1. Listen to the Hot Seat call with Gina: <http://laineumann.com/nbs-hot-seat-month-4/>
2. Gina talks about what worry is costing her. If you are a worrier, what is your constant worry costing you?
3. Lain mentioned the idea of “magical thinking,” or believing that your thoughts can control the world around you. This is a common developmental milestone for children, but it’s also a sign of maturity when we give up the belief that our thoughts control the world around us. However, we can often hold on to this type of thinking even after we become “adults.”

Examples:

- “If I worry enough, it won’t happen.”
- “If I do what I think they want, they won’t be able to leave me.”
- “If I just think positive, nothing bad will ever happen.”
- “I can avoid bad stuff if I think through all the possible problems that can arise.”
- “Bad things don’t happen to good people. If something bad happens, it’s because I did something wrong.”

Do you have beliefs that could fall into the category of “magical thinking?” What are they?

4. What would you do if you had no fear?