

# TOUGH TALK TOOLKIT



## OVERCOMING FEAR

If you're avoiding a situation because you're worried about what could happen, try taking small steps.

Example - To approach public speaking, practise your speech with:

A FRIEND

A FEW FRIENDS

A GROUP OF FRIENDS

A GROUP OF COLLEAGUES

A SMALL PUBLIC AUDIENCE



### DID YOU KNOW?

We avoid some situations because we're worried about what could happen. Avoiding stops us from learning that our worries may not come true, which ultimately stops us from overcoming our fears. Taking gradual steps towards our goals allows us to build our confidence in manageable situations. Each success gives us a real world experience which we can use to challenge our worries.

When planning steps, think in depth about the aspects of the situation that you find challenging, *e.g the number of people, and how well you know them*. Increase the intensity of these kinds of details with each step, *e.g more people who you don't know well*. As you're taking steps out of your comfort zone it can be useful to use relaxation techniques, like deep breathing.