



Raymund and the Fear Monster

Overcoming Fear, Living Courageously!

Fear: friend or foe?

- Discuss the line from “Raymund and the Fear Monster” “fear isn’t always a bad thing.... Keeps me on my toes ...”

Q: What does he mean by that?

Fear is NATURAL- it’s actually part of our body’s natural survival kit, which means, that sometimes fear is our friend.

- Think of situations in your life in which fear was helpful and kept you safe.
- Using Fear monster cards:

-Child picks a card and reads it.

Q: Is fear your friend here or your enemy/ foe?”

Some will be ambiguous, which will lead to a good discussion. Encourage seeing things from different angles.

Q: “how will you respond, then?”

Share ideas and discuss.

It’s important not to trivialise a difficult-to-do response. Talk about how it is hard and often takes time.

Now that you have thought a lot about fears, you will hopefully be able to think about what “fear monster” is stopping you from doing the things you would like to.

Overcoming fear is not something you do all at once. Choose your battles one monster at a time.

- Think about a fear you are sick of controlling you. Name it enemy no.1
- Plan your strategy:
- What have you tried in the past that helped you feel more in control?
- Ask others who have had the same fear how they beat it. You can try it too. **DON'T MAKE FUN OF OTHERS' FEARS** or tell them it's nothing.

It's okay to joke about your own, though! (actually, it helps!)

- You'll have some fails and some wins. Be kind to yourself!
- Celebrate your wins.



