

# Drawing Your Monster

## Raymund and the Fear Monster *Overcoming Fear, Living Courageously!*



### Alternative:

*Instead of getting the students to draw their fear monster and responses, put them in pairs and get them to rehearse situations (everyday anxiety-inducing situations, not melodramas)*

*Play-act them out in front of the class.*

*Get the class to discuss, give feedback and advice.*

### Putting YOU back in charge

- **Make a speech bubble showing what your fear monster is saying to you.**

PAUSE. Think about what you usually do or say in response. What things do you say or do that gives your fear monster more power? What things do you do or say that put you back in charge?

For example, if you are afraid of talking in front of the class, your “public speaking monster” might say:

“Everyone is going to laugh at you. Your legs are going to shake, and you will look stupid!”

*You might reply:*

*“Most kids feel nervous standing up on their own. They all know how I feel.”*

*... Or*

*“the kids who aren’t scared do it all the time. The more I do this, the less scared I will get.”*

*... Or*

*“Everyone is so nervous themselves they’re too busy worrying about themselves to think about how I do it.” Or “I’m doing it and that’s that. I might make some mistakes but so what. The big fail is NOT to try”*

- **Draw yourself facing your monster looking confident and draw another speech bubble to show what you are saying to your fear monster.**

YOUR words. Don’t write “I’m not afraid of you” or something like that. That’s not a solution. *Hint: if you were talking to someone else who was afraid of the same thing as you, what would you say to them?*

- **Now, visualise yourself saying this to your fear monster next time it talks to you.**

**Practice saying it out aloud. Use a confident voice, and strong body language.**

**Remember, Raymund made a decision that he was going to face his fear monster. It didn’t mean he stopped feeling afraid, but he was determined not to hide anymore.**

**The more he stood up to his fear monster, the stronger he got and the weaker the monster got. He was the BOSS!**

**Yay! Go Raymund! And go YOU!!!**

