4TH STEP

**FEARS – Alternate method**

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| --- | --- | --- | --- | --- |
| WHAT I FEAR | WORST POSSIBLE OUTCOME | WHAT WILL I DO TO PREVENT WORST POSSIBLE OUTCOME? | WHAT WILL I DO IF WORST POSSIBLE HAPPENS? | BEST POSSIBLE OUTCOME |
|  |  |  | (What positive things can I do if the worst happens?) |  |
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