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# Processing Fear

## Workbook

by Tim Grahl • [outthinkgroup.com](http://outthinkgroup.com)

Helping authors build their platform, connect with readers and sell more books

Welcome to the *Processing Fear Workbook*. This is part of the Conquering Fear course and I'm excited to share this with you.

I have spent many years working with top bestselling writers such as **Dan Pink** (#1 New York Times bestselling author of *To Sell Is Human* and *Drive*), **Chip and Dan Heath** (New York Times bestselling author of *Decisive*, *Switch* and *Made to Stick*), **Hugh Howey** (New York Times bestselling author of *Dust* and *Wool*), **Charles Duhigg** (Wall Street Journal and New York Times bestselling author of *The Power of Habit*) and many others. I have also spent countless hours researching how creative professionals push pass their fears and accomplish their goals.

I created this PDF to go along with the Processing Fear lesson in the Conquering Fear online course.

I look forward to seeing the success you have with it!

A handwritten signature in black ink, appearing to read 'Tim Grahl', with a stylized flourish at the end.

Tim Grahl  
Out:think

# 1. Identify the fears

Give it a name

Go 24 hours and write down every single time fear either stops you from doing something you want to do (turning in traffic, sitting down to write, etc.) or makes you do something you don't want to do (agree to do something when you should say "no", run from a wild bear).



## 2. Is this dangerous?

If so, what is the danger?

Not everything we are afraid of is actually dangerous.

Go through every fear from #1 and write down what makes it dangerous.

A large, empty rectangular box with a dashed border, occupying the right half of the page. It is intended for the user to write down their answers to the questions posed in the text on the left.

### 3. Is it inside of your

#### Locus of Control?

The amount of things we actually have control over is usually much smaller than the amount of things we worry about.

Go through each fear in #1 and write “Yes” next through the items you can control and “No” next to the items you cannot control.

If “Yes” - figure out what to do, make the decision, do it. Tell your brain you got it.

If “No” - Let it go, there’s nothing to do right now. You can come back to it later if you need to. Tell your brain you got it.

