

Chapter 2

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Can I tell you
my fears?
They are...

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“I’m SCARED!!!” If you tell someone your fears, will they brush them off or really listen? Will you get the support you crave? Ask permission to have this conversation. Not everyone can handle it. Fear originates deep down inside of us. Not everyone can understand that talking about it can lessen the grip it has on you. But talking about your fears can make you stronger.

If you are faced with a healthcare situation, you might feel overwhelmed. It is like a secret. If you don’t share it with someone—anyone—it can eat at you. Perhaps, you can have the conversation with a trusted friend, a counselor, or your spiritual advisor. The point is that you need a *“safe”* place to share your fears— a place where you can say whatever you want and not worry about the other person’s feelings. Stop worrying about someone else’s feelings right now. Focus on what will

give you comfort. Would it be ... talking to someone about your fear of death, of treatment, of the costs, or of whatever thoughts run through your mind?

Write down your fears. Will the person you selected be able to handle this?

Fears	Definitely tell	Maybe tell	Don’t tell
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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