

# Fear Behind the Words

## A Worksheet for Saying What You're Afraid to Say

### How to Use This Tool

*There is usually fear underneath, when you find yourself thinking:*

- "I don't know how to say this."
- "It's not worth bringing up."
- "It'll just make things worse."

*This worksheet helps you separate **the truth you want to express** from **the fear that's holding it back**. Clarity reduces emotional pressure.*

### Part 1: The Unsaid Truth

#### 1. What do I want to say, but haven't?

(Be direct. Write it as if you were saying it out loud.)

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#### 2. What emotion is underneath this?

- Hurt
- Disappointment
- Anger
- Anxiety
- Loneliness
- Frustration
- Other: \_\_\_\_\_

### Part 2: The Fear Layer

#### 3. What am I afraid will happen if I say this?

- They'll reject me
- They'll get angry
- They'll withdraw
- They'll think I'm difficult
- I'll lose the relationship
- I'll lose respect
- It will escalate
- Other: \_\_\_\_\_

**4. What is the worst-case scenario I'm imagining?**

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**5. Is that scenario certain, possible, or assumed?**

- Certain
- Possible
- Mostly assumed

## **Part 3: Reality & Self-Respect Check**

**6. If I stay silent, what will it cost me?**  
(Emotionally, relationally, internally.)

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**7. If I speak calmly and clearly, what might I gain?**

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**8. Which option aligns more with the kind of person I want to be?**

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## **Part 4: Courage in One Sentence**

Complete this:

“Even though I’m afraid of \_\_\_\_\_, it would be honest to say \_\_\_\_\_.”

## Final Reflection

*Courage in communication doesn't mean fear disappears. It means:*

- *You acknowledge the fear.*
- *You don't let it decide for you.*
- *You choose integrity over avoidance.*

*Fear is protective. But alignment is strengthening.*