Episode 8 Exercises

1.What are you most afraid of happening in your life? If you have such a fear or thought, write it down. After writing down the issue, answer the following questions about it:

a) If this happens, will I be destroyed and die?

b) If this happens, what problems will it cause for me?

c) What actions should I take to solve such a problem?

d) Has anyone else ever experienced this problem and been able to overcome it?

e) Will anyone care about this issue or problem of mine in a hundred years?

2.Try to focus on the problem itself, rather than on who is to blame, when dealing with challenges or issues you encounter throughout the day.