

FEAR FACTOR

The objective of this activity is to identify a fear you might have about high school that is having an impact on your life right now.

On the other side of this paper, draw a fear you have about going to high school. You may represent this fear in any appropriate way that you like by using symbols, shapes, colors, etc. There are drawing materials available for you to use.

When you finish your drawing, think about the following things:

- Is this fear distracting you from school, family, friends, fun?
- Does it keep you from doing things – or make you feel like doing things that could get you in trouble?
- What could you – or people who care about you – do to help to lessen the impact of this fear?
- How can dealing with this fear now be helpful?