

10 Action Steps

to Overcome the Fear of Disappointing Others



↳ First Choice

↳ Date Started

↳ Goal Days/Week?

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| 1 | Get Comfortable with Being Uncomfortable
Go ahead. Disappoint people. Practice it. Learn how to deal with the anxiety, sadness, and fear that pops up when you start. Practice will make it easier! | |
| 2 | Find a Support Buddy if You Can
Be honest with someone and tell them how you want to overcome your fear. Ask for their support and encouragement. You can do it without support, though. | |
| 3 | 2 Daily Tasks
Every day, (1) ask someone for something, no matter how small, and (2) honestly share your opinions, thoughts, or feelings. Do it at least once a day. | |
| 4 | Create a List of 10 Techniques
Create a list of at least 10 techniques you can use to deal with negative emotions. Carry it with you and use them instead of trying to avoid negative emotions. | |
| 5 | Take the Time to Really Get to Know Yourself
Create a Word document and start listing your strengths, weaknesses, fears, goals, values, beliefs, and more. Add to it daily for at least a month. | |
| 6 | Keep Track
Every time you notice a situation where your fear of disappointing others pops up, write it down. Add at least 3 ways you could've better handled the situation. | |
| 7 | Make it Your Duty
Choose someone (real or imaginary) and decide why you need to model strength, courage, and discipline for them. When you feel weak, act courageously for them. | |

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↳ Primary Goal

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- 8 Research Methods That Work**
Learn about NLP, CBT, Tapping, or any other therapeutic technique that can help you in your quest to overcome the fears and obstacles that are holding you back. 
- 9 Absolve Yourself of Responsibility That Isn't Yours**
Practice learning and re-learning the fact that how other people feel, act, think, or believe has nothing to do with you. They make their choices. You make yours. 
- 10 Treat Yourself with Gentleness and Kindness**
Change is a long process. When you fail, pick yourself up and try again. Don't berate, belittle, or chastise yourself. Accept yourself and reward little successes. 

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