

Your Fear Quotient

Imagine yourself in the two situations in each of the following pairs. Pretend that one or the other *must* happen to you, and then check the one that you would consider the lesser evil.

1. Falling into a pit filled with nonpoisonous snakes.
Making a parachute jump.
2. Spending hours fixing a fancy meal for some guests, but they eat very little and seem not to like it.
Driving a car at 95 miles an hour.
3. Riding an elevator to the top of a 100-story building.
Being caught in a large crowd, unable to move.
4. Being in a bank where suddenly three masked men with guns come in and make everyone lie on the floor.
Failing a college course.
5. Attending a party where someone starts teasing you unmercifully and your face begins to burn and your hands tremble.
Living through a moderate earthquake.
6. Having the pilot announce that there is engine trouble and he may have to make an emergency landing.
Hearing the doctor tell you she wants to put you in the hospital for tests.
7. Asking someone to pay you money that he or she owes.
Asking someone you just recently met for a date.
8. Rope climbing a 100-foot cliff face.
Being chased by several large dogs.
9. Walking alone in a dark forest.
Falling off a boat in the middle of a lake.
10. Giving a speech in front of 500 people.
Spending a month on a deserted island.

Coping with Fear

1. Admit fears, insecurities, conflicts, and anxieties when they arise.
2. Talk these over with someone else—on a regular basis if necessary.
3. Build self-esteem.
4. Build new relationships with others.
5. Seek help from God and others in meeting one's needs.
6. Learn to communicate more effectively.
7. Learn the principles and techniques of relaxation.
8. Periodically evaluate one's priorities, life goals, and time management.

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