

# Responding to Fear-Based Thinking

Transform Fear into Caution and Concern

Balance

*Recover from Build-up of Tension*

Natural Rhythmic Breathing

Thought Re-Focusing

Grounding

Meditation

Accept

*Remove Obstacles*

Acknowledge situation without blame, judgment or "should"  
Recognize that there is a problem and focus on understanding it

Recognizing the essential dignity of each person  
Realize their current views and beliefs make perfect sense to them based on their history and experience

Clarify

*Ask Questions*

Understand Problems, Concerns, Contributing Factors?

Likely effects on all involved

History, Implications, Related Issues, Other Perspectives