

FEAR RECIPE CARD

Ingredients

- IMPENDING DANGER
- SURVIVAL MECHANISM
- REACTION TO NEGATIVE STIMULUS
- MILD CAUTION OR EXTREME PHOBIA
- TRIVIAL OR SERIOUS

Directions

Journal Note

SHOPPING LIST

NERVOUSNESS

ANXIETY

APPREHENSION

DISTRESS

DREAD

EDGINESS

JUMPINESS

TENSENESS

UNEASINESS

WORRY

HORROR

ALARM

FRIGHT

HYSTERICAL

MORTIFICATION

OVERWHELMED

PANIC

SHOCK

TERROR