

# Fear

**Quotations** "The only thing we have to fear is fear itself."  
- Franklin D. Roosevelt

"There is no passion so contagious as that of fear."  
- Michel de Montaigne

- Questions**
- What three things are you most fearful of in this world?
  - Have you ever been so scared that you were "paralyzed by fear"?
  - Are you most fearful of the things you can't control?
  - Buddha said, "Even death is not to be feared by one who has lived wisely." What do you think he meant by that statement?
  - Do you think fear is based on the known, the unknown or both?
  - Do you fear the truth or would you prefer to live by a lie?
  - Did the fears you had as a child go away as you grew older?
  - How do you cope with your fears?
  - Are your fears for the world different than the fears for yourself?
  - In the past when you have gotten over a fear, did you look back and think you were foolish?
  - Some people are motivated by fear, the fear of the unknown or the fear of succeeding. Have you ever been motivated by fear throughout the years?
  - Actress and icon Marilyn Monroe once said, "Fear is stupid. So are regrets." What do you think she meant by that statement?

**Presentation** Have the class compile a list of their five top fears. Tally up the list to see which fears most exist among the class. Have a group discussion on how those fears can be faced and overcome.