

# **Fear Management** ebook

Five conversations that show you how your child really follows through.

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# Why fear is hard at this age

**Fear itself isn't the problem.** Fear is the body's alarm system — sometimes it's protecting them. The skill is telling the helpful alarms from the false ones.

**It's a skill, not bravery.** Managing fear isn't something kids are born with. It's learned — and 9–14 is when it's learned.

**Embarrassment doubles it.** At this age, being scared comes with a second fear: someone finding out. So fears go quiet exactly when kids need help with them.

**Shielding them backfires.** Clearing away everything scary feels like love — but a fear never faced is a fear that grows. Kids build courage by facing fears in small, supported steps.

**Your own fears are the door.** Telling your child about something that scared you — and what you did — gives them permission to say theirs out loud.

# How to use this

**Not at the table.** At pickup, in the drive-thru line, walking the dog — sideways works better than eye-to-eye.

**Read one aloud like you just thought of it.** "Okay, weird question — imagine this..."

**Don't correct the first answer.** Even a scared one. Ask "what would you do next?" — you're listening for how they handle fear, not grading.



# SCENARIO 1:

## Can they say it out loud?

Imagine waking up one morning with a knot in your stomach, and you're not sure why. Then you remember — you have a big presentation at school today, and suddenly everything feels overwhelming. What could you do about that feeling? Who would you tell?

### Why this one

**Fear arrives in the body first.** The knot shows up before the reason does — recognizing it is step one.

**Saying it shrinks it.** Fears kept secret feel bigger than they are — this tests whether telling someone is even on the menu.

### Listen for

**A name and a cause.** Can they connect the stomach knot to the presentation — or is it just "feeling bad"?

**Who they'd tell.** A friend, a teacher, you — or nobody? Silence is the answer worth noticing.

# SCENARIO 2:

## Is the fear helping or hurting?

You're walking home after dark, and you hear footsteps behind you. Your heart races and you feel a surge of panic. What are your options? How could you calm down enough to figure out what's actually happening?

### Why this one

**This fear might be right.** Not every fear is a false alarm — this one is the body doing its job.

**Calm thinking under load.** Assessing while the heart pounds is the hardest version of the skill.

### Listen for

**Panic or a plan.** Can they slow down enough to check the situation — cross the street, look around, call someone?

**Helpful vs. unhelpful.** Do they know some fear protects them? That distinction is the whole skill.

## SCENARIO 3:

### Will they speak up at the sleepover?

You're at a sleepover, and everyone decides to watch a horror movie. Some friends seem totally fine, but your palms are sweating and your heart is pounding. How could you say something without ruining the fun for everyone else?

#### Why this one

**Everyone's fear is different.** Same movie, different reactions — theirs is real even if friends are unfazed.

**The social cost feels huge.** Admitting fear in front of friends is its own fear — two at once.

#### Listen for

**Advocating without apologizing.** Can they say "not for me" without pretending or disappearing?

**A workable exit.** Suggest a different movie, sit it out, text you — do they have any move at all?

## SCENARIO 4:

### Can they walk toward it?

You've been terrified of speaking in front of your class, but you've decided it's time to face it. How would you get yourself ready? Who could you ask for help — and what would you say to yourself on the day?

#### Why this one

**Facing fear on purpose.** This is the skill at full size — chosen, not forced.

**Fear as fuel.** Reframing scared-to-excited is learnable — this shows whether they've ever tried.

#### Listen for

**Small steps or one big leap.** Practicing with a friend first is a plan; "just do it" usually isn't.

**Recruiting support.** Do friends, teachers, or you appear in their plan anywhere?

## SCENARIO 5:

### Who do they tell the night before?

> It's the night before something big — a final, a tryout, a recital — and you're feeling overwhelmed. How could you let someone know what's going on? What could you do for yourself tonight to be ready tomorrow?

#### Why this one

**Every kid has this night.** The night-before feeling is universal — what they do with it varies enormously.

**Self-care is a strategy.** Sleep, a walk, packing the bag early — small moves that lower the volume.

#### Listen for

**Reaching out, or riding solo.** Is telling a parent or coach an option — or does overwhelm stay private?

**Any tool at all.** Breathing, music, an early night — or does the worry just run until morning?

## What to listen for across all five

One answer tells you little. Patterns tell you a lot:

**Fear stays secret.** Nobody in their answers ever finds out they're scared — not friends, not you.

**Avoiding is the plan.** Skip the movie, dodge the presentation, stay home — the fear never gets faced.

**All fear is the enemy.** They can't tell the alarm that protects them from the one that holds them back.

**No calming move.** The heart pounds and the worry runs — and there's nothing they reach for.

Heard a few of these? Normal — managing fear is a learned skill, and this is exactly the age to learn it.

If one of those patterns sounded familiar, you haven't found a problem — you've found the starting point. Here's what to do with it.

## Bloomster Course: FearLESS: Building Brave Young Hearts

One conversation opens the door — practice builds the skill. In this course, your child joins Audrey, Wyatt, Millie, and Liam as they navigate their own fears through relatable scenarios and shared experiences — and build practical strategies for brave living along the way. What they build:

**Fear, decoded.** What fear is actually for — and how to tell the helpful alarms from the false ones.

**A calming toolkit.** Deep breathing, mindfulness, movement — practiced until they're easy to reach for when the heart pounds.

**A step-by-step plan.** Facing fears gradually and on purpose, with reframing that turns scary into doable.

**Words for the scary stuff.** Opening up about their own fears — and helping friends face theirs.

**Start the course free — 7 days, no credit card, nothing to cancel. Find Your Child's Starting Point.**

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