

FLARE for Anxiety and Fear

Self-acceptance, self-compassion, and being willing to experience anxiety takes practice (Khazan, 2019).

This worksheet uses the FLARE acronym to encourage us not to fight anxiety but to accept it mindfully.

Find a comfortable seat and take some slow, deep breaths, focusing on the air flowing in and out. Focus on each part of your body.

Feel each sensation in your body – your heart rate, breath, and body temperature.

What questions and doubts come to mind as you do so, listing them below?

1	
2	
3	
4	
5	

For each one, **Label** the sensations in your body. Do they feel like *worry*, *fear*, or *anxiety*?

List and describe them below:

1	
2	

3	
4	
5	

Allow the experience to remain as it is. Say to yourself, “it is ok to feel this way.”

Respond by re-focusing on your breathing. Take each breath slowly; try making the out-breath take longer than the in-breath.

Reflect on the questions and doubts that entered your head and say to yourself, “I don’t know,” for each one. We often assume every question requires an answer. This step reminds us that we can accept unknowns and uncertainty.

Expand your awareness to your environment and reflect on what you have been grateful for that day.

The aim of this exercise is to allow anxiety *to be* without engaging with it or judging yourself.

References

- Khazan, I. Z. (2019). *Biofeedback and mindfulness in everyday life: Practical solutions for improving your health and performance*. New York, NY: W.W. Norton & Company.

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