

# 5 Tricks for Overcoming Fear

- Fear can be a useful thing.

True

False

- If you don't face your fears you might not accomplish things you want to do.

True

False

- Having fears and conquering them will lower your confidence.

True

False

- Your mental health will always be well if you fear.

True

False

- Fear comes from the right side of the brain.

True

False

- Fear can save us from real danger.

True

False