

AFDS 2/12/23

Fear

To conquer fear is the beginning of wisdom.”

~ Bertrand Russell

Fear has a large shadow, but is itself quite small.

~ Ruth Gendler

Do one thing every day that scares you.

~ Eleanor Roosevelt

There is a stubbornness about me that never can bear to be frightened at the will of others. My courage always rises at every attempt to intimidate me.

~ Jane Austen

Expose yourself to your deepest fear; after that, fear has no power, and the fear of freedom shrinks and vanishes. You are free.”

~ Jim Morrison

We can easily forgive a child who is afraid of the dark; the real tragedy of life is when we are afraid of the light.”

~ Plato

Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.”

~ Marie Curie

For discussion:

When do you most often experience fear?

How do you handle fear?

Are you particularly attracted to one of these quotes?