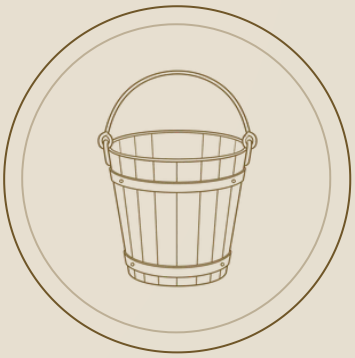


YOUR BATTLE TODAY

# FEAR OF THE FUTURE

*You worry about what's coming: work, health, money, family.*
*You picture disaster in such detail that it freezes you today.*

# I

## WHAT'S HAPPENING TO YOU

*You worry about what's coming: work, health, money, family. You picture disaster in such detail that it freezes you today.*

It isn't a character flaw, and it isn't something you have to live with. It's a battle, and battles can be trained for. The Stoics knew this one two thousand years ago and left a method for fighting it.

# II

## WHAT THE STOICS SAY

Seneca warned his friend Lucilius that we suffer more in imagination than in reality. Fear of the future feeds on scenes that haven't happened yet, and that almost never do.

The Stoics had a training for this: rehearsing the worst on purpose, on a small scale, to prove it can be borne. The man who has already tasted discomfort by choice fears tomorrow less.

> *"There are more things that frighten us than crush us; we suffer more often in imagination than in reality."*
>
> SENECA · LETTERS TO LUCILIUS, 13, 4

# III

# YOUR EXERCISE FOR TODAY

## Rehearsing the worst 10 MINUTES

Do it today, with paper and pencil. Write right here: what gets written down gets done far more often than what only gets thought.

I Write down the specific fear that weighs on you most today.

II Below it, answer three questions: What is the worst that could realistically happen? What would you do the next day if it did? What can you do today to prepare?

III Take the step from your third answer today, however small.

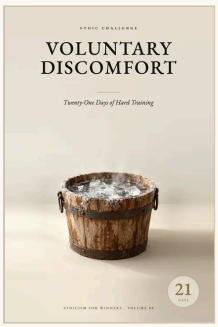
*Fear grows in what you don't look at. Written on paper, it almost always shrinks.*

# IV YOUR SEVEN-DAY PLAN

One practice a day. Check it off when you've done it.

| | | |
|---|---|---|
| DAY 1 | Rehearsing the worst: today's exercise. | ☐ |
| DAY 2 | End your shower with 30 seconds of cold water. | ☐ |
| DAY 3 | A day of plain food, as Seneca proposed, and one question: is this what I was afraid of? | ☐ |
| DAY 4 | From the first day's fear, write down what you do control. | ☐ |
| DAY 5 | Make the call or deal with the paperwork you've been avoiding. | ☐ |
| DAY 6 | A day without news or forecasts. | ☐ |
| DAY 7 | Review: how much of what you feared actually happened this week? | ☐ |

# V YOUR NEXT STEP




THE STOIC'S LIBRARY · NO. 08 · WHITE EDITION

## Voluntary Discomfort

21 days of hard training with a method: cold, controlled hunger, silence and effort, to make you hard to break.

masterstoic.netlify.app/library/voluntary-discomfort

THIS HELPS TOO

### Do It Today

Seven days to move from fear to action and finish what you've been putting off.

THE FOUNDATION OF EVERY BATTLE

### The Stoic Code

21 days with Marcus Aurelius, Seneca and Epictetus to separate what is up to you from what is not.

Personal development grounded in Stoic philosophy. It is not a substitute for help from a mental health professional.