

“GRIM” (FEAR) AND “BOGGART” (EXPOSURE)

Think back to your own “Grim(s)” (fears). Is there a Boggart (exposure) you could use for practice before facing it? When faced with a fear, it is important to face it head-on and to work to think about it differently, so it is not as scary as it seems at first. Let’s imagine the example of presenting in front of the class:

Presenting in front of the class (a Grim) can be very anxiety-provoking for young people (and grownups too!). Some may even want to avoid doing it. One option that may help is practicing the presentation in front of friends and family (a Boggart). This can help you get used to the situation and make it a bit less scary.

In the table below, make a list of each of your feared situations (the Grims) and write down a practice exercise/”exposure” (Boggart) that might help you build up the courage to doing the real thing.

GRIM	BOGGART