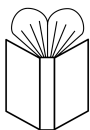


Well on Your Way

an assistant professor's companion

Elizabeth Odders-White



nodramaturg publishing

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For reflection

How can you ease your mind when you feel most afraid?

What can you tell yourself in moments of fear? (Hint: if you draw a blank, it may help to start by considering what you'd say to a close friend in your situation.)

How would it feel to simply accept your worry, stress, fear, anxiety . . . without trying to change or eliminate it?

How do things shift for you, knowing that everyone is afraid?

How can your fear connect you to others?

