

TURN YOUR FEAR INTO FUEL



Questions & Topics for Discussion



Whether you're reading solo or with a group, use these questions to deepen your understanding of John Addison's *Turn Your Fear Into Fuel*—and yourself. Reflect on the moments that stirred something in you. Talk about the tough stuff. And remember: this isn't about perfection. It's about progress.

Discussion Questions

- **Fear as Fuel:** John talks about using fear as a catalyst rather than a constraint. When in your life have you turned fear into fuel, and when has fear stopped you? How did it feel to turn your fear into fuel? How did it feel not to?
- **Self-Doubt and Confidence:** Confidence and doubt are two sides of the same coin. Has doubt ever made you stronger or more prepared? How can you use it constructively?
- **The Stories We Tell Ourselves:** What old mental scripts or beliefs about yourself have you carried into adulthood? Where did they come from—and are they still true?
- **Irrational Fears vs. Real Risk:** John reminds us that most fears are learned. Which of your current fears might be inherited, imagined, or outdated? Have you ever stopped to consider whether your fears are founded in real risk, or if they are irrational? What would it feel like to surrender those fears and walk right past them?
- **The Power of Taking Action:** Think about a time you procrastinated due to fear. What helped you finally move forward? Or, if you're currently stuck, what action might help you now?
- **Resilience in the Real World:** How do you typically respond to setbacks? Do you freeze and avoid, or adapt and power through? What does resilience look like in your life today? Are there ways in which you could strengthen your resilience? What's one step you could take?
- **Gratitude as a Mindset:** When things feel overwhelming, how do you ground yourself? How might gratitude help you shift perspective in hard moments?

- **Balance Isn't Static:** John states that life is rarely in perfect equilibrium, and that we should embrace the dynamic tension between chaos and calm. What does balance mean to you? Are there ways you've grown through imbalance or chaos in your personal life or leadership journey? What has that been like? What helps you to keep going when life is a struggle?
- **Fear in Relationships and Teams:** Think about the dynamics in your significant relationships and teams. What role does fear play in the health of those relationships? Is there someone who helps you face fear with more confidence? Have you found that vulnerability or shared struggles deepen your connections and courage?
- **The Myth of Perfection:** Have you ever avoided taking action out of fear that your work would be deemed imperfect or unacceptable? What would happen if you chose to embrace imperfect progress instead?
- **Reframing Fear:** John proposes that, rather than trying to conquer our fears, we should treat them as neutral information that we can learn from. Can you think of a time in which you've stopped to think about *why* something scares you? Did you find that approach freeing or helpful in moving past your fear?
- **What Is Required:** As Winston Churchill and other great leaders have said, sometimes, we must do what is necessary, not what is easy. Think of a hard thing you've done recently, despite any fear you may have felt. What did it teach you about yourself?

Final Thought

This book takes an unflinching look at the challenges—and the well-earned growth—that come from facing fear head-on instead of avoiding it. John Addison's story reminds us that real transformation happens in the trenches, one bold and brave decision at a time. The climb may be steep, but that makes the view from the top all the more rewarding!



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