

Face your Fears Worksheet



	What are your thoughts /feelings /beliefs at this point?	What is the fear underlying your reaction? Choose from the following: 1. Fear of not making a good impression or setting a good tone for the interview 2. Fear of answering questions badly or getting stuck 3. Fear of talking yourself up 4. Other reason (write what you think the reason is)
Before you leave for the interview		
Travelling to the interview		
Arriving at the venue		
Announcing your arrival		
Meeting the interviewer(s)		
Getting into the interview room		
Answering questions – general		
You've been asked a question you confidently answer		
You've been asked a question you get a bit lost in the middle of answering		
You've just finished answering a question but straight away know you didn't answer it well and they move on		



You've been asked a question and you have no idea of the answer		
At the end of the interview - they ask you if you have any questions		
You stand up to leave the interview		
You leave the interview		

