

CHOP CHOP!

The associative property in mathematics lets you add numbers in different ways and still end up with the same sum. If you take a big number and chop it into pieces, the smaller numbers are more easily managed than the larger numbers. Try using the associative property with a fear of yours. Select something that worries you and give it a FEAR RATING from 10 - 100, 10 being no big deal, 100 being the end of the world. Chop the big number into 2 smaller numbers that add up to your original number. Assign each number a detail of your issue. Then chop each of these pieces into 2 smaller numbers. Assign each of these numbers another detail. Check out this example below.



Breaking down a fear lets you focus on specific factors that are easier to overcome. In the case above, you could plan for each of the 4 bottom details. If you start to stutter, cough a lot. If you think you might start to sweat, wear a couple layers so the sweat doesn't show through your shirt too soon. If your hands shake, bring a chair up to set your papers and rest your hands upon. To avoid standing in silence, practice your speech so many times you can say it in your sleep. By preparing for these details, you'll be ready to handle your concerns if they come up. Now chop up one of your own fears and write plans beneath each detail that will help you avoid them.

