

# Sample Interview Questions

For Jane Lovas,

**Author of *"Put Your Big Girl Panties On and Kick Your Fears in the Ass"***

1. Jane what made you decide it was time to face your fears
2. Do fears always control your life? Can't fear also be a motivator?
3. So what do you do when your fears are controlling your life?
4. You mean drawing your fears helped you get rid of them?
5. How can I draw my fears if I'm not an artist?
6. Can you share what are some of the fears you have drawn pictures of?
7. What other creative ways are there for kicking your fears in the ass?
8. How about laughing, can I laugh at my fears?
9. What if I don't have any fears?
10. You say that overwhelm is just another form of fear.
11. If I admit I have fears do I need to see a psychotherapist?
12. Why do I care about letting go of my fears?
13. You mean to tell me you drew little pictures and your fears went away?

**To Schedule An Interview**

**Contact Jane At:**

**703.594.6028**