

# FEAR: BEST FRIEND & MORTAL ENEMY

Grading Element	Exceptional (4 Points)	Competent (3 points)	Needs Improvement (2 points)	Unsatisfactory (1 point)	Score
<b>Fear &amp; How It Works</b>	I understand fear is a feeling induced by perceived threat, I know that it is normal and I always handle it in a way that I can use it's energy for my benefit.	I understand fear is a feeling induced by perceived threat, I often remember that it is normal and often handle it in a in a way that I can use it's energy for my benefit.	I understand fear is a feeling induced by perceived threat, I am sometimes aware that it is normal and not quite sure how to handle it in a in a way that I can use it's energy for my benefit.	I see fear as a sign of weakness, I spend a lot of time avoiding it and don't know that I can use it; so it I stay stuck. everything feels threatening.	
<b>Understanding Fear</b>	I always suspend my judgement about the 'fear', choose my response, step into the experience and observe the physiological sensations.	I often suspend my judgement about the 'fear', often choose my response, step into the experience and often observe the physiological sensations.	I sometimes suspend my judgement about the 'fear', I rarely choose my response, mostly I react and stay stuck.	I allow my judgement about the fear to lock it in place, it always feels very real; I react to the fear and have no clue about strategies so always feel stuck.	
<b>Levels Of Victory</b>	I always increase my personal power with every experience of fear and develop my skills in handling fear to the point of mastering it; I always feel confident and empowered.	I often increase my personal power with every experience of fear; I am developing my skills in handling fear and I often feel confident and empowered.	I sometimes feel my personal power when I experience fear; I sometimes have skills handling fear and I sometimes feel confident.	I never feel empowered when I am fearful, I have no skills when handling fear and rarely feel confident.	
<b>The Drivers</b>	I always use pain and pleasure by turning towards them with mindfulness so that I always feel like I have control in my life.	I often use pain and pleasure by turning towards them with mindfulness so that I often feel like I have control in my life.	I sometimes turn towards pain and pleasure with mindfulness but often feel like my life is out of control so I loose hope.	I never turn towards pain, I turn away to avoid it. I rarely feel any pleasure. My life is out of my control.	
<b>Fear Strategies</b>	I always employ strategies to handle my fear: I can talk to my fear; follow it through to it's logical conclusion; question it's validity; connect with myself; travel with my fear or turn towards the fear.	I often employ strategies to handle my fear: I often talk to my fear; follow it through to it's logical conclusion; question it's validity; connect with myself; travel with my fear or turn towards the fear.	I sometimes employ strategies to handle my fear: I sometimes talk to my fear; follow it through to it's logical conclusion and question it's validity. I need to learn how to connect with myself and to turn towards the fear.	I rarely employ strategies to handle my fear: I rarely talk to my fear or follow it through to it's logical conclusion (but that just makes me more afraid). I never question it's validity or turn towards the fear. i can't connect with myself.	

Action Items

Final Score

/20