

FEAR: BEST FRIEND & MORTAL ENEMY

STEP

1



FEAR & HOW IT WORKS

What is fear? Why do we experience fear?

What are the main fears in your life right now?

What do you do to add to the fear, or make it worse?

What happens in your body when you feel afraid?

When you are fearful, where do you keep the feeling if you have to hold on to it?

STEP

1

CONT.

What is the flight or fight response?

Describe your experience with this when you have needed to step out of your comfort zone.

What fear did you experience?

What did the fear promise you it would deliver to you?

Did it deliver on its promise?

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STEP 2



UNDERSTANDING FEAR

The best thing to do with fear is turn towards it seeking to explore it so that you can understand it. The following questions will help you understand fear and your relationship with it.

What were you taught about life in general and fear specifically?

What are your habitual fear-based thoughts?

STEP 2 CONT.

What have I avoided **doing** because of my fear-based imaginings?

What have I avoided **saying** because of fear-based imaginings?

What do I need to do in order to free myself?

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STEP
3



LEVELS OF VICTORY

In order of importance in my life my values are:

1. _____
2. _____
3. _____

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THE DRIVERS

The pain-pleasure principle lies at the core of everything you do, and of everything you are. Your beliefs, values and psychological rules are all built upon this principle. The decisions you make, the actions you take, and the habits you indulge in, are all based on this principle.

Work through the following example:

What goal would I like to achieve?

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CONT.

What limiting behaviours/habits might be holding me back?

What unhelpful thoughts, questions, emotions and beliefs are tied to these behaviours?

How are these thoughts, questions, emotions and beliefs holding me back from achieving my goal?

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STEP

4

CONT.

Why am I allowing this behaviour to continue?

What specifically must change?

How will I go about making these changes?

STEP

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CONT.

What sacrifices might I need to make to ensure I follow through with this change?

What specific things might I need to give up doing, thinking and/or believing?

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STEP

5



FEAR STRATEGIES

Bring to mind a fearful situation that you just can't stop thinking about.

Use each of these strategies to help you handle the fear:

☐

Create a character

☐

Follow it through

☐

Ask "Is it true?"

☐

Connect to yourself

☐

Travel with the fear

☐

Turn towards the fear

Describe your result: