

DEALING WITH FEAR

What do I fear?

Is this fear logical or illogical? _____

What belief drives this fear? _____

Is this belief true? YES NO

What is the opposite of this belief? _____

Is this more positive than the original belief? YES NO

What if you could hold on to the new belief? Try it!

I notice it in _____ (part of my body).

What kind of sensation is it? (Use as many adjectives as you can --
fuzzy, warm, soft, etheric, loving, misty, refreshing, round, etc.)

Close your eyes and visualize this sensation. Imagine you are birthing it as a new companion who works with you to remove the power from your old fear. You're no longer alone in this battle.

How does this feel? _____

If the fear you have been dealing with is crippling it may take practice to teach yourself to refocus on safe, positive outcomes. You don't know what the future brings, but you do know you get better at what you practice. So practice and continue to practice trading the depleting energy of fear for the strength and safety of excitement.