

Worksheet

EP 8: -Conquering Fear


In this episode we look at fear, why it stops us and how to overcome this powerful emotion and take action in the face of its difficulties. We learn the biological background of fear and the importance of self-awareness, accepting fear, and techniques on how to move through challenges to get what you want and deserve.

Exercise 1: Let's get in touch with our fears.

1. Write down on a separate piece of paper all the things you are afraid of. For example, what are the fears that come up as you have been going through the PUYL series? What are you afraid may happen if you keep taking action and get closer to what you want? What are you afraid of will happen if you don't take action? What has made you afraid in the past? Notice the situations that often trigger fear and write these all down.

2.) Start looking at where you are not only afraid of failing but also afraid of success. i.e. Are you afraid that if you succeed you will lose your friends or will then have more responsibilities that take up your time? Noticing when we are afraid of good things as well as negative things offers increased self-discovery.


There is no such thing as FAILURE. The only way to fail is to quit. Failures are simply not getting the results we wanted which we can reframe as an opportunity to learn from what didn't work. Fear can teach us how strong we actually are!



The next step toward conquering fear is to understand that we have the support we need to be courageous.

Exercise 2: Let's Put Our Right Brain To Work

1. Think of a worst case scenario for some of the things you have fears about. Let's say for example you want to create your own business and you are afraid of failing. What is the worst thing that could happen? Write this down.
2. Now look at the list of strengths we created in Episode 3 and the community map you created in Episode 5. Consider that even in this case you would survive with the help of those around you and your own resourcefulness.
3. Next to your 'worst case scenario' write down all the solutions, resources, and personal strengths you have to support you if this situation were to occur.
4. Continue this process with each of your fears. The intention of the exercise is for you to notice that many of these fears are made up by our brain as irrationally life-threatening and the confidence of having support lessens these fears further. Basically your right brain is telling your protective left brain to be quiet!



When fear hits, we want to try to avoid the feeling. This resistance often makes the emotions stronger. If you accept and embrace the feelings, increasing awareness of the emotions, you can disappear this heightened response through mindfulness and stress relief.

Exercise 3: Awareness of Fear in Your Body

1. We have included a printable copy of a human form on the last page of this worksheet packet. The next time you find yourself afraid, find a quiet place and take notice of your physical response. Where do you feel the fear in your body? What color is it? Is it hot or cold? Is the feeling sharp or dull?
2. Take out the sheet and some colored markers. Color the places on the human form where you experience fear physically in your body. Be sure to represent the different colors and sensations.
3. This drawing exercise is meant to help you understand where fear shows up in your body so that you can recognize it in the future. Sometimes we don't even know we are afraid and blame our resistance on something else. You may notice that by simply giving the fear recognition in this 'right brain' way, the physical response decreases.

Here are some other tips on pushing through fear:

1. Journaling. When you feel afraid, write out your experience as a way for stress relief.
2. Meditation or breath work. Experiment with different practices that can assist you when you are stressed or afraid. By breathing through the emotions and increasing mindfulness you will strengthen your ability to defeat fear. Use the meditation music I've included with this worksheet or take advantage of free meditation apps:
<http://www.examiner.com/review/top-free-meditation-apps>
3. Exercise. Going for a run, taking yoga or a brisk walk increase the release of 'feel good' hormones in your body that combat the negative emotions of fear.
4. Take action anyway. Remember, it is our perception of the future that stops us and often just taking an action DESPITE our fears can disappear them. Even a small action is a step toward erasing your fears permanently. You may need to desensitize yourself with incremental actions first

Your brain is designed to have you survive. It has collected experiences that were once emotionally painful, usually in childhood, and put them in the 'life-threatening' file. When you experience something similar in adulthood, your brain reacts as a defense mechanism.

The powerful distinction we learn in this episode is that

FEAR IS AN ILLUSION.

Unless your life is literally in danger, the fear doesn't serve you .

