

HEY!

I'm so happy you are embracing the fears and finding your way forward with:

- ♥ More FUN
- ♥ Making space for the fears and bringing your full heart, LOVE and acceptance to each one!
- ♥ A readiness to take a step in the direction of your dreams and the desires in your heart, and keep trying the "new" until it gets to be something that is part of your everyday experience

In case you need the reminder, here is the **4-step process for facing your fears.**

STEP 1: NAME THE FEAR

(or the pain, shame or pattern coming up for you).

Example

I am scared of:

STEP 2: LOVE AND ACCEPT WHATEVER THE FEAR IS, EXACTLY AS IT IS

Alchemize it by holding space for the fear to simply BE HERE, to express that you are here to simply allow for it, not try to change it...yet somehow, by not trying to change it, acceptance shifts this fully.

Don't believe me? Try this process out yourself! Acceptance means you can be okay, even if it never changes.



Share this or hold the space for your fear.

If you need to start by simply acknowledging it, go slow. You can lean into acceptance when you get more comfortable with holding this space for you. If it's hard, have someone hold that loving and accepting space for you.



Connect with the fear that is present before moving into new possibilities.

You can even say to your fear "I am willing to see you and I welcome in a new possibility or way to play through it).

OPTION: ROLE-PLAY OR GRAB YOUR PUPPETS, STUFFED ANIMALS, YOUR CHILD'S TOYS, OR BARBIE DOLLS TO ACT IT OUT.

You are going to have a dialogue with the fear, and then move into acceptance while loving it as it is, right here.

EXAMPLE

You: "Hey fear. What is the scariest part of trying that again for you?"

Fear: "What if it goes badly? I will be sooooo embarrassed. It may hurt..."

You: "I hear you. I can understand you are wanting to not feel embarrassed or hurt. It sounds like you really want to be able to do it, with less fear. I'm right here. I am going to stay here as long as you need."

Fear: "Wow, thanks. I like knowing I'm not rushed and it is safe to be here and breathe. I can see my fear doesn't feel quite the same, because I feel you being present, loving me, honouring me, not rushing me and fully accepting me. It feels nice."

You: "Of course, you are allowed to feel this and take the time you need."

STEP 3: PAUSE, STEP AWAY AND PLAY!

Being with the process we learned in chapter 11 and moving beyond “fight or flight” by playing and staying, even if fear is here. Instead of running or going into “fight or flight”, we are choosing to slow down, pause and play through it. This is where we activate the parasympathetic nervous system before and after facing a fear to soothe the nervous system and remind yourself that “you can”.

Notice that the fear got smaller by “being with it with love and acceptance”.

Now, if the fear is still big, leaning on play is the next best step.

Play a game, do a dance, belt out your favourite songs, read a book or meditate on it. Let yourself be guided to a show or movie that is somehow going to support you through to feel safe enough, confident or ready to move forward even if the fear is still there.

The key is to lessen the fear and make it so you feel safe enough to face the thing you're scared of or avoiding.

FIRST, REMEMBER WHAT YOU TRULY WANT BEYOND THE FEAR AND BRING IN YOUR “WHY”.

Let this why (what will be possible by doing the thing) be even bigger than the amount of fear that may be left.

The why is the whole reason you are ready to move through the fear and form a new association.

Oftentimes doing the thing is actually what creates the connection, the confidence or the courage to remember your dreams and desires truly are possible and within reach.

So be with the process and play your way until you are ready for more.

This will lead you to step 4.

MAKE A LIST OF YOUR STAY AND PLAY ACTIVITIES

5 ways I can PLAY when fear comes up:



STEP 4: FACE YOUR FEAR

Go do the darn thing!!!

As a reminder, here is the breakdown of the 4-step process.



Name the fear/emotion coming up



Love & accept the fear present. Be with it. Honour it. Love on it



Step away & PLAY PLAY PLAY!!!!



Take the imperfect action. Go do the darn thing (or the new things you have never done or have not done for a while!)

Here is a MAP for YOU for step 4. Remember:

♥ **ONE THING AT A TIME** when it comes to introducing new things or re-introducing something which is connected to fear and a negative association/response.

♥ **START WITH THE "THING THAT BRINGS UP THE LEAST FEAR"** and eventually move towards re-introducing the "thing that brings up the most fear."

♥ **IMAGINE PLAYING SNAKES AND LADDERS.** You are starting at the beginning and moving up a ladder, bit by bit. If you hit an "oops" moment, it's a bit like when you land on that snake instead of the ladder and slide back down...but will keep going up when you're back up again and ready to keep moving forward.

♥ **IT'S OKAY TO SLIP, FALL, AND FEEL A BIT AWKWARD.** Know that the confidence and new response comes the more we repeat the thing, keep saying yes to new experiences, and letting it be safe.

Thing, activity or experience
that brings up the **MOST** fear



6.

5.

4.

3.

2.

1.

Thing, activity or
experience that
brings up the
LEAST fear

