



Sacred Depths Certification

Sacred Depths Process for Befriending Your Fears

“ *This isn't about conquering, destroying, or even letting go of your fears. It is about becoming friends with your fears.* ”

The 6-Step Befriending Your Fears Process

Step 1: Become Aware of Your Fears

The more you can become clear on what your fears are and how these fears play out in your life, then the more you bring those fears out of your blind spot – where they are most likely to sabotage – and bring them into the light.

- What are you actually afraid of?
- What do you fear the most about a specific situation?
- What would be at risk if you were to really go after your goals that you are feeling stuck around?

Step 2: Understand how fear behaves in your life

The next step is Understanding Fears. Understanding Fears means seeing how your fears work in your life, and how you react to them.

- See, notice, recognize, and accept how fears can cause you to act out. Or how those fears manifest in terms of action you take or your inaction.
- Some ways the fear can show up include: procrastination, anger at loved ones, feeling back about yourself, not putting full heart into task at hand, etc.
- Understanding how the manifests is important because becoming aware is not enough. When you can see the behavior, the feelings, and the reactions the fear causes then you can see that fear is not a little thing you can just ignore.
- Fear impacts your life in big ways. Seeing this motivates you to want to do something about it and make a change.

Step 3: Dialogue with Your Fear

This is the heart of befriending your fears. By dialoguing with your fears, by leaning into them, you are not rejecting, fighting, ignoring, hating, or judging them.

- Even more important, by dialoguing with your fears, you're going to learn how your fears have been serving you. Yup, it's true – your fears have actually been serving you and doing something for you. You're a smart person; you wouldn't be holding onto something like fear so tightly if it wasn't serving you. So, if you find yourself holding on to a persistent fear, chances are it's serving you in some way.
- Dialoguing with Your Fears is also the part of the process where the deeper level of Befriending happens. It allows you to step more fully into becoming its friend.
- When you're willing to dialogue and engage with - and maybe even HONOR and LOVE your fears - instead of hate on, reject, fight against your fears that's when the fears can actually start to diminish.
- Dialoguing with Your Fears lets the fear know it's getting the loving attention it deserves.
- Dialoguing with fear can be done through visualization, a journaling exercise, a drawing, and even a regular coaching conversation. (see Dialoguing With Your Fear resource sheet for an example)

Step 4: Connect to Spirit, Trust and Love

The next two steps work together and are important because you have to trust and love yourself (step 4) before you can truly change or choose another path (step 5).

- In order to fully move through fear, it's important to partner that fear with trust and love.
- The trust can be trust in yourself, spirit, the universe, whatever works for you.
- In order to really be able to believe in your heart that you can walk a different path, that you can have what you want, it's important that there's trust.
- This allows you to make a choice that is loving to you AND one that you can trust in.

Step 5: Making a Conscious Decision

Once you've become aware of your fear, with full awareness and understanding of how this fear works and why it's there, and how it's served you, then you're free to consciously choose what path to walk, what steps to take next.

- Until reaching this 5th step, you haven't really had an opportunity to choose to respond differently to the fear, to take different actions too, because you hadn't embraced it. Why? Because when you're not aware of your Fear, you literally ARE your fear; you're not separate from it.
- Most of the time, you're not making a conscious choice to perform the behaviors or have the feelings the fear instigates/activates. You are on autopilot because the fear is in the blind spot.
- This part of the Befriending Your Fear process is about moving out of autopilot on your behaviors and feelings, moving out of reactivity, and moving into responding.
- You can now make choices based on the awareness and the exploration that you've have done.
- Even if you continue to choose the behavior, it is no longer a default choice that you have no control over. Instead, you are making a very conscious choice.

Activity to Reinforce the Conscious Choice

1. Take two sheets of paper or rip a sheet of paper in half.
2. On first paper, write what it is you want for yourself (this is the goal that is in arrested development)
3. On the second sheet of paper, write down the fear you've identified around this goal.
4. Now choose one. No judgment. One is not better than the other. This is about making a conscious choice. Also, this is not a forever decision, just the decision for right now.
5. Whichever one you choose, pick up that piece of paper. As you hold, feel it as if you're holding that thing (the goal or the fear). Breathe into the choice.
6. As you hold it, bring it into your body. Bring that conscious choice and commitment into your body.

Journaling About Your Choice

- Why did you choose it? What are the benefits that made you choose this one?
- What are you willing to endure to walk this path?
- What can you do to ease the discomfort the choice might bring?
- What is some wisdom you want to remember when the discomfort arises? What is a mantra you can come back to in those moments when the discomfort is present?
- Breathe in your choice.

Step 6: Committing, and Re-committing and Re-Committing to the New Path

"When you're interested in something, you'll do what's convenient. When you're committed to something, you'll do whatever it takes" John Assaraf

- Remember there is a difference between a breakthrough and a transformation.
- Breakthrough is the new awareness, new choices, being able to see things you had not before. A breakthrough leads to transformation BUT you have to take what you learned from the breakthrough and practice it, practice it, and practice it over and over again until over time there is a new pattern and a new behavior.
- You have to be willing to do the work for a new way of being to emerge where the fear does not get in the way of creating the thing that you want.
- It takes work and can be challenging. You may have to keep going back to Step 5, making the conscious choice again.



1. Don't leave Befriend Your Fear session without an actual action they are going to do next. Little action steps they can take. It does not have to be big steps.
2. Continue dialoguing with fear. It is not a once and done situation.
3. Celebrate their micro-movements around this. Help them see the small changes they are making so they can feel inspired and motivated to continue.