



# Sacred Depths Certification

## Fear Tracker Worksheet



*The only way to deal with fear is to make friends with it so you and the fear can work together to prevent it from getting in the way of achieving your goals.*



### Overview of the 6-Step Befriending Your Fears Process

Step 1: Help Client Become Aware of their Fears

Step 2: Support Client to Understand their Fears

Step 3: Lead Clients to Dialogue with their Fear

Step 4: Connect to Spirit, Trust and Love

Step 5: CHOOSING to Walk a Different Path

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

### **Assignment: Tracking Your Fears Chart (Support for Steps 1 & 2)**

*Tracking your fears for a week will help you get even more aware and connected to what fears are holding you back from achieving what you want (which in turn will lead to more ease in moving past your fears!). Make time this week to track your fears closely.*

Type of Fear	Date fear came up	Time fear came up	How was fear manifested	Other relevant info