



Sacred Depths Certification

Understanding How Fear Functions

“ *The goal is to get clear on your fears, understand the way fear functions, and how to move forward WITH fear so it does not sabotage you.* ”

Change is a Process

- Often times, moving through change is a process. It is not a once and done, or overnight success.
- In order to execute the Befriend Your Fear process (& any other transformation process), you have to be open to the idea that change is a process.
- If you are grounded in this truth, when your client gets frustrated that growth isn't happening fast enough, you are able to hold a much more powerful and effective leadership position in that container.

Journal

- What is your natural rate of true change and transformation? Are you a quick transformer or are you a little bit slower?
- In considering your clients (or ideal clients), what typically is their natural rate of true change or transformation?
- Do you attract people who change quickly? Or people that have to work at it?
- What judgments have you had about yourself (as a practitioner) or others, including clients, when it comes to rate of change or growth?

Fear can show up in many ways including:

- Not taking consistent action on goals
- No preparing enough
- Not following up on important leads
- Deciding to lower rates
- Putting off most important tasks
- Putting off having important conversations that will allow client to create what they want.

Important Things to Know About Fear

1. Fear is Normal & Healthy

- When a client is about to step into something bigger fear is to be expected
- Fear is part of the process of leveling up and expansion
- There is nothing at all wrong with fear. Experiencing fear doesn't mean you can't have or achieve the things you want. It doesn't mean there is anything wrong with you.
- Fear is Normal & Healthy. It is there to keep us safe and to give us important information.
- Sometimes we need to fine-tune our fear mechanism in order to know the difference between a real and perceived threat to our survival.
- Always, ALWAYS, check your filters when you are supporting a client to discern between a real and perceived threat. Your proximity to power and privilege is a filter and what is a perceived threat to you may be very real to someone without those powers and privileges.
- Because fear is normal and healthy, we want to Befriend it, not Destroy it or Ignore it or even Let it Go.
- Clients may have trouble separating fear from the goal itself. Or they think fear is a foregone conclusion (*for example, I'm scared I won't be a good acupuncturist so that means I'm not to be an acupuncturist*).

2. There's Always Something to Risk

- When you create a big goal or step into a bigger place, there is usually always something at risk.
- It is very, very rare to have a goal where there isn't something to risk.
- When you go after a dream there is always a relationship, a value, an object, an issue, or an idea about self/identity that may be at risk.
- When you make a commitment to go after a goal and take the leap, that's usually when the fear shows up because a part of you recognizes there's something at risk as well.
- Do a risk assessment using in the instructions on page 3

3. Ego likes to be comfortable

- Ego is the part of yourself that likes to think where you are is safe and comfortable.
- Ego will not be happy when faced with risk. It is always going to feel like the risk is too big for you to move forward.
- To move from where you are right now to where you want to be, you have to be willing to give up where you are right now.
- Even if you don't like where you are, your ego may at least find it comfortable and safe.
- Ego doesn't like risk. It wants to keep you in your safety zone because it is familiar. The ego is always going to choose the familiar over the new.
- Often, we give up what we really want to hold onto the safety and security of the familiar.
- The thought we can do anything to remain safe and secure is a lie we tell to trick ourselves into thinking we're always going to be safe and secure.
- Part of your job as the practitioner is to help your clients get comfortable taking aligned & appropriate risks. Risks are part of the pathway to success.

4. F.E.A.R. – False Evidence Appearing Real

- When you drop into a place of fear, you begin unconsciously looking for evidence to confirm the fear. The evidence you find is not real; it's false.
- Ego is looking for evidence of what it is afraid of so it makes the evidence appear real.

Risk Assessment for You and Your Clients

When you go after a dream, there is always some relationship, held belief, value, object, issue, idea about yourself that is at risk. You can think of it like jumping off a cliff. If you're at the edge of a cliff, and you know that on the other edge, if you can make it to the other side, that's where your goal is, that's where your bigger place is. In order to get there, you have to take that risk. You must make that leap and risk falling in order to get to the other side.

It can be helpful to cognitively assess risks to see if they are risks we are willing to take (as opposed to the risks feeling jumbled inside of us as one big blob of fear). A few questions to ask:

- What are each of the things at risk if you were to take the action you want? (Include any relationships, beliefs, values, identities, objects, etc that would be at risk)
- Go through each of the things on the list and rate each one on a scale of 1-5. 1 is very low risk and 5 is high risk and dangerous.
- Based on your risk assessment, what is the next action step you're willing to take?



Homework

In coaching partner sessions, bring forward the fears you are seeing and use breakthrough questioning to start looking more deeply, and start risk assessing.

Additional Resources:

- "My Grandmother's Hands" by Resmaa Menakem