



Sacred Depths Certification

Befriend Your Fear 2

0:24

Well, welcome everybody did this week go by really fast, I feel like we were just

0:36

I'm so happy to be together about like, Whoa, that does not feel like a week ago that we started talking about fear, it feels like two days ago.

0:50

Okay so I'm gonna get

1:01

started, I am really looking forward to our call today, it's the second of three live classes on befriend your fear. And you'll also get supplemental recording on befriend your fear as well. So last week, we looked at some foundational principles related to fear and examples of some core underlying fears. Today, I'm going to walk us through step by step, the befriend your fear process, we'll kind of talk about it theoretically. And if we have time, we'll have some time to do some group work around it. And then in our next live class, well done, I just check the schedule in our next live class, which has been in the new year, so this is our last class of 2022 Also, but in our next live class, we'll be doing a demo of the technique, and I'll be demoing it, and then we'll be breaking it down. The supplemental recording that you'll also have in your member center is another demo with a break down. This is one of those techniques that it's good to kind of listen and watch and observe a couple of times, as well as practice so that you can really master and embody it. Before I before we jump into the step by step pieces of the process, I want to just do a very quick review of what we looked at last week just as a reminder of some things as we move through today. So we looked at why it's important to befriend fear versus fight against fear or vanquish fear or even let go of fear. As a side note on why it's important to befriend fear. You know, last week we looked at kind of how the the making the friendship, the making the relationship is so important because that's what supports moving forward with it. But I also just want to drop in here. The other reason why it is so valuable to befriend fear versus vanquish fear or destroy fear is that it supports us and our clients to get regulated with the presence of fear. It supports our clients to find regulation in their nervous system, a landing, more of a feeling of calm and ability to make a decision from an aligned place. Even if there is something that is scary for them. And that's like with the ultimate of actually what we're going for here again, we're not going for getting rid of the fear. We're going for I see the fear the fear is there. I feel it and my container of myself my body my nervous system is strong enough to forward and make aligned decisions with the fear we looked at last week and how fear is common, and normal and healthy, and not something to be pathologized how it's really an essential smoke detector, internal smoke detector, it's just that sometimes that smoke detector is a little too hypersensitive. We looked at how, whenever we're in a process of growth, or change, there's always something to risk and how that can bring up fear. We looked at how, in many ways, our egos like to be comfortable, and not being comfortable, can bring up fear. We also looked at how safety is both a real thing and also an illusion. And unpacked some ideas around safety. Yeah, and Lisa saying in the chat, it seems more holistic to befriend the fear rather than trying to get rid of it. Yeah, you've got a question mark on that, but I'm putting in a period. And that is what I'd love to

hear from a couple of you what's been resonating for you this week. around all of this, as I said, for you, maybe the week went by for you as fast as it did for me, maybe you haven't been consciously thinking about any of it at all, that's fine. But as we kind of sink back in today, what's really resonating for you What's striking for you What's feeling important? Who wants to share? Jennifer, saying that your inner mean, girl was rampant and you were able to be gentle with her and get under the fear. It sounds like you were able Jennifer to deepen a relationship with the fear, which is exactly what we're going for. I'm so happy to hear it. Who else? What's resonating or what have you been noticing? Anyone want to share? Monique?

7:32

So just like Jennifer, I think I mentioned last week that I can have a sassy attitude with fear, I can talk back to her, she can talk back to me, We're BFFs. But it's anxiety. That's how I need to be friend. And I've been, I just realized, I suppose I've been pulling apart the layers over and over over the course of time. And I recently

7:54

accepted her

7:55

and I hadn't because I was that mean, girl, I was like, I don't want you Get the eff outta here. You don't belong here because I believed she was a product of COVID. And there were two, two symptoms that COVID That never left me was anxiety and foggy brain. And so I just naturally assumed she was going to leave. So I recently said, I think I mentioned I started to write a letter. And I'm like, oh, you know what it's this feels like like she's the newborn in the family. All the other emotions I can work with. They're young adults, we get along great. But anxieties, the newborn and the anxiety needs me to hold her hand and brush her hair and just nurturer she's needy, she's needier than the other emotions. And so she's just like, Okay, guess what, anxiety we're going on a journey. We're doing this project and everyone else is on board. You're gonna sit in the backseat and and to me so I had this vision of everybody's in the car like Are we there yet? Are we there yet? Everyone's excited. Are we there yet? Even fear, like all the emotions, frustrated, whatever it is. Everyone's excited. Are there yet? Anxieties in the backseat going? I gotta go potty. I gotta go potty. And then it's like, again, you just went 10 minutes ago. So it's me having to pull the car over like, it's okay. And she's only tinkling like, a couple drops, right? She's not paying. She's at the P but it's just that I have to give her the attention and tell her. Hey, this is what we're doing. It's gonna be okay. Yeah, so it's not easy. But yeah, I get it

9:30

takes persistence and consistence like what we've been talking about and which is what a relationship takes. It takes relationship. It takes persistence and consistence and patience and all of that. And I love how you've been approaching it. It's so much in line with everything we've been talking about. And it also makes a good point. To say like this process that we're learning it can be applied to fear. It can be applied to anxiety. It can be applied to perfection, it can be applied to the need to control. You know, there's it. There's so many different applications of what happens when we become friends with this instead of pushing against this, what happens when we hold a compassionate container for this part of ourself that we're wanting to reject or hate on? or criticize or judge? How can we shift that relationship in that container? So nicely done? Thanks for sharing that example. Heather?

10:43

Yes, I think I'm the acronym for fear. False Evidence Appearing, Eurail was a big help, especially using it with a lot of the clients I work with. And then also helping them be aware that fear is a manifestation of the ego. So you know, just understanding that, you know, even though they may feel fear, like it's a piece of them, like the ego is a piece of them, and ego likes to be boss. So, you know, the boss wants to make you feel fearful, but you don't have to, like You're your own person. So you don't have to feed into that. That's right.

11:33

That's so I'm so glad you're bringing this piece up. And we're gonna see this as we go through the process today. But I want to underscore it, because it's so important. When we don't have a relationship with fear, it feels like it's all of us, it feels like we are completely merged with it. Because it's not relational, right? So it's just one big blob that we think is all of us. And we don't have choice when it's one big blob that we think is all of us. When we create a relationship with something like fear. It actually, it creates a little bit of a separation, not in a bad way, but so that it becomes relational. And then we see that it is a part of us, not all of us. And we're in a much better place to make decisions when it's relational. And we see it as a part not as, as all of who

12:36

we are. Does that make sense? Everyone?

12:41

Good. Yeah. Thanks so much for bringing that up. Heather. It's such a great piece. Good. Okay, good. And some great comments in the chat on a mica was working on your content and writing out your vision last week, and you noticed all kinds of hidden fears and beliefs coming up. Once you see this stuff, you can't unsee it, you will start it you'll even just this understanding of it, you'll start to bring more so much more awareness throughout the day to the fears and the beliefs good. Julie's saying this reminds me of Tara Brock's teaching on our A I N recognize, allow, investigate, nurture. I love that. Yeah, that's really beautiful. And that is not unsimilar to some of the steps that we're about to step into. So let's start taking a look at the process the step by step process of the friending fears. So the first step when we're working with clients, and a fear comes is to support our client to become aware of the fear. First, we have to co create awareness because sometimes for a client, they're not going to see that there's a fear there. They're just going to like feel the block or feel like they don't want to do the thing, or not knowing why they're stopping themselves or why it feels so hard. So the more that we can become clear on what the fear is, then the more we can bring the fear out of the blind spot. When they're in the blind spot when we're unaware of them. That's when they're most likely to sabotage us. And that's when they're more emerged as this is all of. So just the cognitive creating awareness helps bring the fear from the blind spot out to the light starts to create this relationship and starts to make it relational. So how do we support clients to become aware of fear? When we use our questioning skills every now and again, we'll use a reflecting skill. It sounds like it might be a fear of blah, right. But for the most part, we want to ask questions that allow the client to identify the fear for themselves. So for example, one of my favorite questions the What's that risk? Question? So if we've got a client that is starting to feel like maybe they've identified a vision, or an action step, or having a conversation with someone, or whatever it is, and they either aren't doing it, you get to the next session, and they didn't take the action, even though it sounded like they really weren't going to, or you could already see as you're strategizing that there's going to be like, they feel overwhelmed or difficult, et cetera, you might ask the what's at risk question, what would be at risk for you, if you were to really go after, or achieve whatever the goal is? And I usually like to back that up with examples. So what relationship what's sense of self? What habit? What pattern? Or what idea would be at risk for you, if you were to fully 100%, go after this thing? Or take this step? Or do this thing? The what's at risk question, I can help bring up those fear, right of what would be at risk as someone might get angry at me. It's fear of anger. What's at risk is that I may not, you know, what's at risk might be that I might put this client in harm or danger, right? So there's the fear of causing harm, right? So the what's at risk, can start to create awareness around what the fear is. Kelsey is asking in the chat, did you say to help the client understand or see there fear? That's right. That's the first step is becoming aware. So we want to ask questions, so that the client becomes aware of the fear sees the fear, understanding the fear is going to be the next step. First, we just have to name what the fear is, right? The becoming aware of it. Another thing to create awareness on the fear is you can just straight up say, what are all the fears you have about moving forward with this? Or if there was a fear that was hold that was holding you back from doing this? Or if there is a fear that might come up? As you go to do this this week? What would that fear be like? It doesn't have to be complicated questions, me straight up questions, but we want to become aware of the fear. Let me pause there any other questions on this step one? Pretty simple, right? Okay, so once we've created awareness named the fear, then

step two is supporting our client to understand their fear and want to understand the fear a little bit more. Understanding the fear means seeing how this fear works in your life, and how you react to the fear.

19:33

When we can see how the fear shows up in our lives, reacts in our lives, how we react to it in our lives, how it works in our lives, it gives us a better grasp, and we're deepening the relationship right? We're understanding it more, we're seeing more for what it is so we're still like tiptoeing in the step two into this making friends.

19:58

Questions like Like, what behaviors

20:01

does this fear? What other behaviors does this fear cause you to act out on? Right? Oh, there's this fear of visibility. What other behaviors does this cause you to act on? Where else do you see this in your life? How does this show up for you in terms of the actions or inactions that you take? What thoughts does this fear cause you to have? Right, so understanding the fear a little bit more, so they can see. The other reason why this is helpful is because often a fear is not just impacting one place in somebody's life, it's showing up in lots of different ways. And when a client can see like, oh, that fear is showing up there, and it's showing up there, and actually didn't even realize, but then when I'm showing up late for meetings, it's because of that fear, too. And then that causes XYZ, right? Like when they can see a little bit more of that bigger picture, see how the fears are functioning, oh, that shows up every time I have a conversation with my mother, like, whatever it is, they're already creating more awareness, they're connecting more threads, they're starting to, they're bringing it more out of the blind spot and just understanding to understand this better. No pause there any questions on that? Help your clients understand the fears more aware their, see how they're working in their lives, how they react to that, what the impact.

21:55

Okay, step three is where we start to really get now into the heart of the process. And up until now, we're mostly on the cognitive level. Step three is where we start to move into the heart level and the spirit level, and the somatic level, and really deep in this relationship with the fear. And I call step three, honoring, engaging, and holding space for the fear, honoring and gauging and holding space for the fear. This is where we do the some, it can be a somatic process. It can also be cognitive, we'll talk about that later. But this is where we dialogue with the fears. This is where we check in with the body and dialogue with the fear and hold the client through a process of really having a conversation, a loving conversation with the fear. When you dialogue with a fear, you learn even more about how the fear is working inside of you. And you're creating more of that relationship. You're bringing it more out of the blind spot, you're seeing it more as a part of you versus all of you. When you dialogue with the fear. You also get to see how the fear has been serving you how it's been doing something for you. It wouldn't be there if it wasn't serving a purpose. Right? Like we're all our clients are all very smart people. We wouldn't be holding on to a fear so tightly if it wasn't doing something for us. When we can see what it's doing for us, then we can again we can make better choices about how to move forward with it. dialoguing with it. Also, like I said, it takes us into this deeper level of befriending because it helps us honor the fear. Hold compassionate space for the fear and even love on the fear when we can hold that space when we can honor when we can love it. That's when it unblended is even more from like, it's just part of this big blob of who I am. That's also when we can be seated in our adult cell and resource from the current moment. Versus that there. And then the moment. Kelsey is saying in the chat, bringing the fear out of the shadow and into love, love that. And then when we do all of this, when we can dialogue with it, when we can hold space for it, we can honor it, when we can love it, and also tap into its highest wisdom. That's when we can really become like old friends with the fear and make decisions together. Because then the fear isn't like that man that we were talking about last week, you know, that hope clinging on to the jacket, right? That's when the fear can relax a little bit and open up

because it knows it's not being ignored or hated on or that we're trying to vanquish it, it knows it's getting the loving attention that it deserves. So it doesn't have to like keep on being in your face and controlling

26:25

so much.

26:29

This will become more clear. As we I'll take us through a little bit of a visualization of befriend your fear. But let me pause right now. And I'd love to hear from some of you What are you hearing what's feeling important about this honoring, engaging and holding space for the fear? Who wants to share? Lisa,

27:11

I'm really liking that it feels like a totally different energy of embracing it and accepting it to an extent, rather than running away from it or trying to push it to one side. Or there's this sense I got before almost like being split. There's my fear over there, and I'm fighting it. Whereas this feels like everything's together somehow. I don't know if that makes any

27:38

sense. Yeah, absolutely. And I love the words you're using embracing and accepting that is what this process is about. That's the best way to be able to move forward with something is to embrace and accept.

27:55

Thank you, Kelsey. No, I love

28:00

this so much. I do similar work with my somatic clients, right, like with chronic pain, like really holding space and listening to these parts that can kind of get locked up in the body as well. And so it just for me, it feels like a really easy I don't know and well known kind of path. And I just I love it. And I see how well it works in the body physically when we allow these structures to unwind. And so it makes a lot of sense that the fear would be kind of no

28:38

different. Yeah, absolutely. Yeah. And I love that you're bringing that up because like I was saying before it can be applied in many ways and to these physical pains or sensations or connecting with an illness to understand it more become better friends with it. There's so many applications and like you're saying the body is just like it brings up the wisdom and it it does so much to work with it in the body. It creates that regulation all of the pieces. Yeah. Good. Anyone else want to share what you're seeing what's feeling important? So far? Pay so later in the call. We'll all model for as a group. This staff I'll model it as a kind of feeling into the body. It This can also be done for clients that don't want to go there or do Feel comfortable like this can also be done. The questions that you'll see I'll ask in the process can be done conversationally or through journaling, as well. So there are different options. Always when we get to this point in the program and sacred depths, and we start to look at some more somatic pieces, and we start to work with fear, and we start to work with resistance questions come up, and I'd like to share a little bit more about being trauma informed. And so I want to you, you'll have a whole handout in your member center on this. But I want to share a couple of pieces that I think will be really, really helpful. And the first thing I want to say is, I think that I share this in the handout too, but it with some journaling that you can do, but I want to say it voice to voice to all of you, I think that for so long, because in our society that trauma, like even uttering the word trauma was so taboo, it's just really in recent years that it's become more normalized and less pathologized. But I think that because forever, it was like this, you know, like taboo thing. I integrity practitioners, like all of you, because I only draw, draw high integrity practitioners can sometimes start to get a little nervous around this conversation, like, oh, my gosh, I don't want to harm anyone.

And, you know, if I like connect in with them, what is it going to mean? And I'm gonna give you like, all the things. And so first thing that I want to say, or should I not work with someone if there's trauma, you know, like all the things and so here's the first thing that I want to say. And this is so, so, so important, is number one. I don't think that at this point in our society, even before the last three or four years, but especially at this point, there's just no human being that hasn't. That isn't walking around with some trauma response. There is a spectrum for sure. And we'll talk a little bit about knowing our skull in a moment. But this is not. This is just This is part and parcel of working with human beings, whether we're coaching them, whether we're a real estate agent and selling them a home, whether we are cut people's hair like it is, you know it is it's there, it is just part of what it means to be a human. And it comes up when we coach human beings, especially in things that like overworking, for example, you know, overworking can be a trauma response. So I don't want us to be scared of that. I don't want us to, I want us to always hold ourselves to the highest standard possible, and to be aware, and to have the skills of being trauma informed, which I'm going to share with you which we've already been looking at for the last five months. So yes to to being ethical and holding ourselves to the highest standard, but not but no to going into fears of I'm going to harm others by looking at fears with them. being trauma informed, doesn't mean so here's what it does not mean that it's in our skull to go deep with a client into the crags of an event that created a trauma response inside of that. That's not as a coach. That's not In our school for coaches, what is in our school is to focus mainly on the resources and the wisdom that are currently available for a client and in the future will be available for a client. So part of our job is to create cognitive awareness between the then in there and the here and now. But not to hang out in the crag because of the then in there, and I'll explain more how that we apply that in this process and other semantic process says in the next couple of minutes. So what being trauma informed does mean is that first and foremost, we recognize as practitioners, our own trauma and trauma responses, and that we check ourselves as best as we can not to bring those responses or reactions into the client container on Schacht, right. This is why we keep on coming back to energetics in our work, and one of the reasons so that we can be aware of our own responses. It means that we stay aware of our feelings and what we bring to the container.

36:51

Again, being trauma informed also means that we recognize the likelihood of trauma in the histories and the lives of the people that we serve. We recognize that it's very likely. And that we have awarenesses, and skills that will help us lower the possibility of unintentionally triggering a trauma response.

37:26

Trauma Informed practitioners also understand that trauma responses can be related either to personal experiences, or to cultural and systemic discrimination or harm. So trauma responses, as I said earlier, they're going to make their way into our coaching containers, like there's almost no way that they can't, whether it's overworking, or shying away from speaking our truth. These are survival strategies that have developed in response to traumatic experiences. And I gonna like say this, again, I really want to underscore it as practitioners, it's our job to support our clients in creating awareness of these survival strategies, as well as supporting them to make the distinction between that then in there, and the here and now. When we do this when we create awareness of the survival strategies when we help create that distinction between the past and the present, that's when we help our clients resource themselves from the here and now moment, or even from the future moment. When a client is resourced from the here and now, New Energy, inspiration, choices can come forward, new solutions and brainstorming can emerge.

39:30

So, the befriend your fear process and this experience of honoring and engaging and dialoguing with the fear how the however the client is holding it in their body can help the client identify what the veteran their moment was and the survival strategy that it's faced in. It also supports the client to connect into how they feel in their body in the here and now while experiencing the fear. So we're not and this is a an important distinction that I want to make, we're not asking the client how it felt in their body when when it happened there, and then that's

out of our scope. But when we ask the client, how does it feel in your body right now, that's that is creating more of that relationship and sourcing from the here and now

40:42

when we support a client to dialogue with the, the, their body in the here, and now that's also engaging the resources in the here, and now it's engaging their current cognitive wisdom, their current body wisdom, their current heart wisdom, their spirit wisdom, and it's also helping looking forward to the future. The process, like I said earlier, also supports a client to regulate as they explore the fear. And part of that is because we're they're co regulating with us. It's the space that we're holding, it's the slowness and the love, and the compassion that we're holding, as we support them to navigate it. Navigate through it. So when I give? Well, let me pause there. What's feeling important in all of this, what are you seeing? Who wants to share? Caroline? I think that's really helpful just to talk through the trauma piece, and just really acknowledging that everybody has had some sort of trauma. So that's,

42:16

we can't shy away from it. We have to in order to be good practitioners, that is that's part of the deal. Yeah, it is.

42:26

Yeah, you're welcome. I'm glad you're underscoring that because it has been taboo for so long. But there's just no way to work with another human being without it, it showing. Now, it's important to know our scope in it, you know, if we do a friend or fear process, or other processes, et cetera, and like we see after a couple of times that the client keeps on getting pulled back to there, and then and they can't make that distinction between the then in there and the here and now that then we know, okay, this is out of our scope as coaches, this is the client may want to concurrently work with a therapist or first work with a therapist. That doesn't mean that the fear isn't going to keep on cropping up. But if they keep on merging back to their Sarah.

43:23

Yeah, I'm thinking of a session two weeks ago with a client who was advised by a therapist to lie to her teenage son and say, Oh, we had you captured and placed in a program. Because the school district told us we had to. And the kiddo was sort of looking at his mom going like that is just so lame. She was clearly dysregulated from the beginning of this call, like she starts she's like, Hi, I'm going to read you this letter. You know, she jumped in. And what happened for me was I remembered back to my own experience of my child, even though she wasn't taken away in the same manner, and how later she called us out. And we started to just really be more grounded in this is what we need to do, and how regulating that was. But in the process of being the coach, it was amazing to me how quickly I went toward. I couldn't acknowledge my own fear. Yes. And I went right to Well, let's talk about that. Is that how does that you know, I tried, but it was a camouflaged version of my own fear. And I honestly don't know what to do in those moments. So if you have any guidance?

44:47

Yeah, I mean, so it's such a great question. And first of all, like fashion is saying in the chat, I'm like, still stunned what therapist was doing but anyway, I have For us, right, so it's about this practice, which is why I keep on coming back to energetics continued for us to be with our own fears, befriend our own fears outside of the client containers for us to take care of our bodies and our nervous systems, our containers, so that we can go into client sessions and group sessions as grounded and regulated as possible, right, like all of those inner practices with our own stuff, as well as we can call them out or practices and staying grounded and regulated. That's the best advice I can for those moments. Like, look, I sometimes I'm in sessions, and something will happen in a session, and I can feel like, I Oh, I'm having a response to this internally, right? It's not that that's not gonna happen. Like, we're human beings, of course, it's gonna happen, you know. But the more that I do my work, all these practices that we're learning here, outside of the container, the more that I can catch myself in those moments, take a deep breath, come back to my body even say to the client, hold on one moment, you know, I

just want to like, check in with myself here, you know, and on my heart, and I come back to like, Okay, I see I'm scared of Bla bla bla. And also, I'm in my body right now. Right? And then I can move forward with the client. Is that helpful?

46:34

That's really helpful. Yeah, we've got the prayer, actually, I realized that would probably help me to sit with what I, what I am afraid of that comes up because they're the patterns. There's like six stories, basically, with the clients that I'm doing. You know, that's an exaggeration, but I could get, I could develop my awareness more. And any advice for after it happens? And the session is over?

46:58

Yes. First and foremost, love yourself, have compassion for yourself. Remember that you are a human being having a human experience, and there is no such thing as perfection, right? So that's number one, like love up on yourself versus going into the like, right? Because all the all the judgment, it just creates further dysregulation. Remember that if the container with your client is strong, because of all of the things that we've been looking at, it is strong enough to help handle a rupture if there's repair? Right, right. Sometimes, we think there was a rupture when there actually wasn't a rupture. So we need to get dysregulated or we need not struggling, we need to get regulated, and then assess from the here and now resources if something really went off, or it was just that we were feeling it a little internally, but then from that place, if we're like, actually I need to clarify or I need to whatever, then we then we do that, right. And we can't count on rupture never happening. But we have to remember that how we repair is the important part of that. I like in terms of being a parent, I have to remind this for myself all the time with my kids, right? Like because I'm like messing up all over the place. And they're like, all right, how do I then how do I approach it? Right? What am I doing?

48:41

Right? Right? You're reminding me that I have a handout on repairing with your young adult, I think I might go look at it. Thank you. Good,

48:48

good. Yeah, great questions. I oftentimes think of coaching as having some really so many similarities to parent, it helped me become a better parent, I'll put it right. Okay. So in the handout, one of the resource sheets that you'll have in your member center that goes along with today's session, it'll lay out everything I just shared, it will also give different tips for when you're working somatically with a client to be trauma informed. Some of the things we've already covered like before leading your client into the process, get permission first ask the client but like to go deeper. One thing that I didn't learn until maybe three years ago, I used to always just say to a client, close your eyes. I didn't know that for some clients that can trigger a trauma response. So inviting a client to close their eyes if it feels comfortable and aligned but also giving them the option to To keep their eyes open, if that's their preference. Anyway, give just lots of different tips and tools. Don't ask a client to modulate their breathing that can sometimes create a trauma trigger, right? Have them be in their natural breath. So I give you just lots of different pointers like that in the handout, and maybe the most important pointer for you to enjoy yourself through the process. Holding space for these processes can be so much fun, and so satisfying. And like help us feel like we're making impact and being on purpose in our lives. And in our work, don't try as much as you can not to be scared or work on your fears, you can enjoy this, it is such a gift to hold space for another in general, all the work we do to hold space for another human being, and to hold space for them to connect in to see what how their fear is showing up and to become better friends with the fear. Good. Yeah, and thanks for that in the chat, Michelle. About the X the sighing or the exhaling. Okay, there's a couple more steps in the process. And then I'll lead us through kind of like a little bit of a mini of all of this as a group. So step four isn't really its own staff. I need to find a better way to say this, so that it's not confusing, but hopefully it won't confuse you. It's not its own separate step, step four is just like baked in to the whole process. But I pull it out as its own step because it's so important, which is connect to spirit, trust and love. Connect to spirit, trust and love. So in order to really

make friends with the fear, it's important to partner the fear are to bring trust and love to the process. Trust can be trust in ourselves, supporting the client to trust themselves, trust in the universe. All of that, inviting the client to love on themselves to love on the fear, no matter what. To love themselves, whether they feel the fear, or they don't feel the fear, right to know that they're whole and complete, no matter what. So I just put that in there as a reminder of the love and the trust and the compassion and the respect that was the whole process is just baked into it. The next step, once you've gone through all of that, and the client can name the fear and understand the fear and has had a dialogue with the fear and has created this deeper relationship with it, maybe gotten a little bit more regulated with it. Then the next step, let me move away from this noise, sorry.

53:56

All right, then the next step is to make a choice, then your client is in a position to make a choice. So what I mean by this is that once that they've become aware of the fear, you know, move through all of the pieces so far seen how it's served. Once they've honored the fear, once they've received wisdom from the fear, then they're at the part of the process where they can instead of working against the fear or the fear controlling them because they feel like it's all part of them instead, that's the part of the process where your client can decide with the fear. How much attention to actually pay to the fear when you're taking action. And you can decide with the fear what The actions you want to take next. Even if those actions still feel a little hard or uncomfortable, right, we're not going for it's not like hard or uncomfortable, or just going for, I'm willing to do that. So, at this point of the process, I will ask the client, what action they want to take next? How would they like to forward with the fear? Here's an important piece. We already know, never to be attached to an outcome in coaching. And it's important as the practitioner to not get attached to the outcome of will. So now they're definitely going to take that action step that they were having trouble with. That's not the point of this. In most cases, your client will be willing to take that next step or a version, a tweaked version of it a half step towards there. But in some cases, after dialoguing with the fear, the client is going to be like, No, I'm not going to make that video. But here's the difference between them making that decision at this point in the process, versus making that decision before they've befriended the fear. before they've befriended the fear, they haven't actually made that decision. It's just happening to them. And they feel disempowered in it. If they decide in this part of the process, that they're still not going to make the video or go on the dating site, or whatever it is, it is coming from an empowered, aware place where they are at choice. Does that make sense? They might be like, You know what? I would like to make that video. But I know that I'm not ready right now. Like right now. I actually feel like I need rest for the next month before I can really contemplate that. Right? That's powered. That's great. That's actually nice. And then the last step in the process is Oh, Heather, go ahead. Yeah. I just want to ask if

58:07

you know, that empowered place is the same as like that place of agency.

58:15

Yes, exactly. Exactly. Right. Because they're, they are now seeing the fear for what it is. They're working with it. They're hopefully in a little bit more of a regulated place because of the process and the befriending and the space. And then they can more better assess what is right for me, moving forward. So it is that place of agency and that choice. And it might be in that moment. They're like, You know what, this is too much for me, or This doesn't feel right for me. But then it's not like they're trying to make it happen, but it's just happening to them that it's not getting done, or they're feeling overwhelmed by it.

59:04

That makes sense. Yeah. Thank you. Yeah, good.

59:12

Okay, so last step in the process, committing and re committing and coming back persistently and consistently to the making friends. So, that's just another version of the difference between the breakthrough and the

transformation. And in the session, it will hopefully be a beautiful breakthrough and new awarenesses and all of that. But there's follow through work that needs to happen maybe continuing to dialogue with the fear or tracking the fear throughout the we are talking to the fear throughout of the day or when it comes up or making a collage about the fear, like so many different ways to continue to deepen the relationship and come back, but keep that awareness and that intentionality and forge that relationship.

1:00:21

Okay, so let's, I'm going to take

1:00:24

you all in a group way through like a mini sort of all of these steps, so that you can begin to get a sense. But really in the recording that you'll get over the next couple of weeks. And when we meet next, I'll do a full demo of the one on one and we'll really unpack it, what we're going to do now is more free to just kind of like continue to like to dip into these ideas. So I'm going to start with step one, which is naming or creating awareness around the fear, I'm going to do this in a manufactured way, since we're not like in one on one sessions and have like a fear is coming up that I'm hearing and listening, you know, listening to as I talk to you. So this is not, what I'm going to ask next wouldn't normally be part of the process. But since we're kind of doing this in a group in a manufactured way, I'm going to ask this question. What's the goal that you're wanting to achieve right now that's in Arrested Development, or a little bit of Arrested Development?

1:01:41

What's a goal that

1:01:42

you're wanting to achieve right now that's in Arrested Development, or a little bit of Arrested Development? Maybe it's a business goal for you. Maybe it's client goal, maybe it's personal. It's to do with a relationship or your home Alright, next question. I'm going to ask you the what, what SAP risk question what would be at risk for you, if you were to really go after or achieve

1:02:28

this goal?

1:02:30

What would be at risk for you if you were to really go after achieve this goal? So what relationship would be at risk for you? What sense of yourself would be at risk for you what habit or pattern or idea would be at risk for you? If you were to fully 100% Go after this goal that you want I'll put that in the chat too. Give me another moment with that. And then, based on what's come up so far, what are some of the fears that come up when you think about taking action or achieving this goal? What are some of the fears that come up? When you think about taking action towards or achieving this goal Okay, so we've just done step one created awareness

1:06:22

about some fears

1:06:25

and so I'll I'm going to ask you if you've named more than one fear that's rolling around with the school just for the sake of this process, pick one to work with. You can always go back and listen to the recording and work it with the others as well but pick one to work with

1:06:57

and shared in the chat what fear

1:06:59

are you working with? Fear of failure for Caroline fear of loss of control. Good for Lisa who else for Doris fear of visibility for Jennifer fear of being criticized. Who else? Fear of burnout Yeah. Fear of not having the energy to maintain success

1:07:42

fear of failure

1:07:45

or fear of success and I'll have to work even harder fear of judgment

1:07:50

fear failure that people won't take me seriously Monique, what's the I don't know if I understand what you're saying in the chat. What's the fear in there it's

1:08:13

it's I don't know what I don't know. It's some about

1:08:15

to muscle fear of not knowing Yeah.

1:08:19

But also that the ignorance that yes, yeah.

1:08:25

And then that that can be dangerous or harmful or things that I don't know. Good Okay, we're gonna just go lightly into step two what behaviors does the fear cause you to act out what behaviors does the fear cause you to act out or not act out not showing up and being visible Yeah. attention to what behaviors does the fear cause you to act out or not act out who else sharing the chat

1:09:55

not scheduling the

1:09:56

workshop. It's never the right time yet lack of consistent See self sabotage? Procrastination avoidance?

1:10:14

Being late, yeah, sabotage, okay, good. Good. So we can kind of see these behaviors. So Julie, for yours that you want to effectively support your clients in bringing out breakthroughs and transformations, rather than simply recounting what they're struggling with, you know, that's very, very specific to your client work. And as we go into step three, it might be helpful to work with, like the fear, that's telling me if this lands for you like the fear that's underneath that fear, is it like a fear of not being good enough or fear of not being effective? Enough for fear of being surface?

1:11:13

All of those examples you gave

1:11:18

feel true. Yeah,

1:11:20

is there one that you'd like to hone in on? That feels really resonant for you.

1:11:31

Um, I guess, really just fear of not being good enough. Like, I think that what I'm good at is holding space and allowing a client to feel really seen and heard, held and supported. But like that, I do keep things a little. Maybe, I want to say more surface than I'd like to. And I think what I'm also hearing and feeling is like more surface than you do. So there's, there's

1:12:01

so fear of not being as good as fill in the blank. Okay, good. That's a great one to work with. And so practitioner note for everybody, one of the reasons why I'm asking Julie to like hone in more is because when I see the fear that you are identifying with, that you're identifying. I'm like, How is how am I going to help you see how it relates to the then in there. And because it's so specific to client work, like in the last couple of years, I know that there's something underneath it that relates to that then and they're comparing yourself to others, versus I'm gonna stay on the surface with my clients. It's like, that's the surface fear and then there's the fear underneath it, that can help create more awareness. Does that make more sense?

1:12:52

Totally, you know, and I feel like even just what you just did, right there is such a perfect example of a really simple way that I could be more effective in going deeper with clients.

1:13:10

Well, it's good

1:13:10

that like a modeling and learning and also this piece about I have to be better than or I have to be as good as we don't want that to stand in your way of that outreach. And

1:13:28

what I noticed is when I'm in the experience with a client I'm so in the experience with the client that I'm totally not comparing myself or consent concerning myself with being as good as it's the reflecting afterwards like, oh, coulda shoulda coulda woulda, you know,

1:13:44

yeah, absolutely. I haven't actually, I have no idea what you're talking about. I've never been kidding. All right. So let's move into step three, which is the actual dialoguing with the fear. And we're going to just lightly go into this as a group and see a little bit what's there and just have space to have opportunity to hold space for the fear an honor it and love on it, if that's available, and and hear from it, make more friends with it. So if it's comfortable for you, I invite you to close your eyes. And if it's not comfortable or aligned to close your eyes, keep your eyes open and go inward

1:14:44

and take a few moments to arrive in your body to become aware of your body to be with your body And I invite you to locate where in your body you're holding the fear that you identified were in your body are you holding the fear feel it out. There might be a tingling sensation or a little bit of tension or just wherever your awareness is bringing you to

1:15:42

where is that

1:15:43

fear living inside of you today where are you holding it and wherever it is I invite you to hold space for the fear as if it were a client or a child that you love just be with the fear

1:16:15

and hold space for

1:16:23

see if you can even bring some compassion as you hold space for the sphere mean just be with it and hold space for it and be with it. And if you are someone who is able to visualize and want to invite you to go in almost like you're a detective, go into your body with a flashlight, a magnifying glass and see what this fear looks like in your body. What is this fear look like? In your body? Does it have a color or a shape

1:17:20

or an image looks like because you just continue to hold space for it.

1:17:31

Connect with it notice if it feels hot or cold where the fear is or damp or dry. Or if it smells like anything's take it in with all five senses and continue to connect with it whether you can see an image or not just continue to connect with it and feel it and be with it and hold space for it and ask the fear How long have you been with me? Seeing what wants to come up? How long have you been with me? You might hear the answer or see it or sense it or nothing.

1:18:42

Just continue to be with that

1:18:49

ask the fear is there a particular event or series of events that brought you into being in my life? Is there a particular event or series of events that brought you into being? Continuing to connect with it and hold space for it and be with it and even bring compassion and love if you can and ask the fear. What purpose Have you served in my life? What purpose Have you serve in my life has been your higher purpose continuing to connect with the fear and hold space curiosity for it with it just be with it and ask the fear from your highest wisdom from your highest self and your highest wisdom fear what is it that you want me to know from your highest self what is it that you want me to know? Then asking the fear what it wants you to know about your next steps. What does it want you to know about next steps or actions,

1:21:54

news anything it wants you to know

1:22:22

take a moment and thank your fear for showing up and for being with you and think it for the ways that it serves. And then for now You can let it go. And when you're ready, open your eyes take a minute to jot down anything that you want to jot down that came through that you want to remember.

1:23:49

Okay, I'd love to hear a share too, on what came through for you. That feels important. I just want to say we're probably gonna go about three minutes over. If you need to hop off exactly at 430. Mila catch the end of the

recording, but I'm going to take us to like three or four minutes past. I'd love to hear a share maybe two and what came through what feels important. Why did you see Jennifer?

1:24:24

I thought that was really powerful. Oops, I didn't mean to do that again. So honestly, when we say Oh, everything's in my chest, that's where I feel everything like tightness, anxiety, all of that. So that's where my fear was. But when I got in there, it was me with my hand, my head on my knees and I was sitting there in the dark, and that was really powerful. And what she was saying was like, she's just been trying to keep me safe this whole time, like to keep me you know, guarded and safe and to not put myself out there. But then, as we were dialogue Have you heard it was like she wants to be a part of this journey and do it scared? And so can we do it together. So it was really just an interesting, powerful, there's relation, and I'm bad at visualizing. So that was really awesome. And that she just wants to be loved and to be a part of it and like, and kind of like we linked hands and we're like, Okay, we're gonna we're gonna do this together and step forward together. Thank you,

1:25:23

that was really good. Oh, I love it. I love that all that came through. And just to skip ahead to step six, or the recap, meeting and the persistence and consistence. My suggestion would be to maybe if you can make a couple dates with her over the next you in journal with her, or take her out to the garden and have a walk with her. But continue this beautiful connection and relationship started with her. Yeah, yeah. So good. Thank you. Thank you. Leave time for one more share. Who else wants to share what came through? What's feeling important? Anyone want to share? Kelsey?

1:26:17

Yeah, this is really interesting. So I was working with a fear of burnout. And I've actually been having trouble with my right hip and having trouble starting this new business. And it very much feels like the fact that it's on the right side. And it's the kind of locomotive part of me makes a lot of sense. So I was taken there. And what came forward was, I celebrated 10 years of sobriety yesterday. And what really came through was that this fear, like part of my use was from being an overachiever and keeping up and really high intensity kind of programs and conservatories. And that's really what started the the use was just to keep up. And I'm a if anybody follows human design on projector, so I have very little energy kind of naturally. And so starting this new business has me kind of scared because other businesses I've had in the past have burnt me out. So but it was really beautiful to see that this this fear has really been like it's helped keep me sober. From like, not letting me kind of step into those burnout areas. But I couldn't get much as far as next steps. So that's interesting to me, for sure. I like it very, I'm not, not sure I'm gonna definitely be spending some time there.

1:27:55

So I just want to normalize that I tossed that in there in case there some folks that are ready for next steps. But I took us through this pretty briefly. And oftentimes, like the fear needs more time have more of a relationship, it's not necessarily ready for next steps. It sounds like you established such a beautiful connection in the work that you did do. And I would like my recommendation, like you said would be to just keep on being with it. And also, you can ask it, you can say, like, I honor you so much for the ways that you've kept me sober and have protected me. And I really would like for this business to get going. What do you need to know from me? What are right, like, what are some agreements that you need from? And so that's not next steps yet, but it's starting to like move towards Okay, now how can we work better work together so we can start to make some decisions or next steps? That's really helpful.

1:29:16

Thank you, Joanna.

1:29:18

Yeah, thank you. I'm so glad you're sharing. Okay, so just in a couple minutes that we have left, we've pretty much done steps one through four. Step five is about making a conscious choice. Some of you, like I said to Kelsey, we went through this, you know, pretty like In brief, but you might be ready at this point to make a conscious choice about an action not like 10 actions, right, but one action that you would like to take over this week. It might just be about continuing. It might that action might dovetail into step six, like continuing to work with that fear like Kelsey and I were just talking or you might be like, No, actually, no, I want to write that post that I've been holding back on writing or I do want to put up that dating profile or think about it, right? So with what you know now what's one action that you would like to take? This week that feels doable, even if it feels stretchy? shared in the chat