



# Sacred Depths Certification

## Befriend Your Fear - Part 1

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I welcome

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all right. So

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I've been ejected out of my home for the day, which is fine, you see a different me in a different setting. I'm at my, my sister in law's house, and they they've got a dog, hopefully all will be quiet here, mentioning it. As we move in, it's been one of those days I'm really excited for our call today, we are going to not only start a new module, or befriend your fear module, but really start the next pillar in the program. So, so far in the program, we've really been working through each of the foundation, the foundational skills for transformation, and for coaching. And in the next pillar, now, first of all, we're stepping firmly into all of the mastery work. But we've got two pillars in mastery. The first pillar, which will last us quite a long time, we're we're going to be looking at many different techniques. And entry points into supporting our clients with their blocks with the places where they get stuck and held. And the first is a friend or fear, we're going to be looking at fear. This module is going to take us a couple of sessions will be doing training this session and next session. And then we'll be doing some some demoing. From there. Before we jump in to all of that, a couple of housekeeping pieces. So the first is the next round of the small small group cohorts is starting, you should have received OPT in the emails for it. Tomorrow is the last day to step into to let us know that you want to be part of the next round of the small group cohorts. There's one meeting in 2022. For it, it's next week, and then all the rest of the meetings are after the new year.

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What else do I want to say about that?

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There was a request or two about doing those calls on different times. And so I want to remind everyone that we do have a small group cohort meeting on a different day. And I always forget what day you all are meeting. But if you don't mind putting it in the chat, because we might, there might be some if you're open to new folks that is or you can always start a small group cohort at a separate time as Wednesdays at 130. Pacific. Anyway, so that's an alternative time I think that's it on the small group cohorts. The other thing that I wanted to mention

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starting in January, not the beginning of January, but as soon as we're done with the boyfriend, your fear Module we're gonna have a couple of new folks joining us. These are people who are sacred depths graduate, who they are moving on to Advanced Depth, which is kind of the next program. After sacred depths. It's different somatic,

kind of more advanced somatic techniques, if you will. And they as part of that, they're going to be going through the mastery material, again, a couple of people, they are incredible, I am really excited to welcome them to our container, I think they're going to add so much it's more people to connect with and get different points of view from and their, their sacred depths people so they kind of there are people. Anyway, I'm really excited about that. Last quick logistics piece, just a reminder, we'll send out an email, but there is a bonus call that I added I had told you about it with Karen Jones, happening next Thursday. She's She's a graduate of sacred depths and advanced depths and into the depths. She's done all my programming and she's just brilliant at helping soul lead entrepreneurs who are ethical. Bring more of yourself into your marketing and feel good about it and feel that it's really authentic. And so she'll, she'll be doing some training next week, hopefully you can make it if not the recording will be in your member center. Any questions on any of the logistics pieces that I mentioned, or just any logistics questions that you have? What time is the bonus call it is next Thursday, from three to 430. Eastern. And we'll send an email out about it.

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Okay. Okay,

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so let's jump in to looking at fear. And the befriend your fear process. On our call today, I'm going to lay out foundational principles that are really important for us to understand as practitioners when it comes to fear, and working with fear and the nature of fear, and human beings and fear, so that we have that understanding. And then next week, we'll get into each of the steps of the befriend fear process. We'll learn them. And then after that, I will I'll demo it and we'll pick it apart. And where I want to start, even before we get to fear is to share something that you've heard me say before, but it's important to kind of keep on reading, reinforcing it so that we can all really embody and understand the the process of change, changing a fear, changing a habit, change changing a belief, the process of change is a process. It's not a once and done. It doesn't just happen like that. This is as you already know, one of my gripes with the transformation industry. There's all this talk about like changing in an instant. And it's it sets people up, it sets practitioners up for failure, and it sets clients up for failure. Because that's not how human beings work. Yes, we can yield incredible breakthroughs quickly. But the deeper change the deeper transformation is a process.

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And

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even when it looks like a quantum leap has happened And in the matter of one session, in my experience, there is a whole history before that of small steps that gets somebody to the tipping point, either in their work with me or in their work with others, or in their life experience, it is a myth that like this quantum leap happens for human beings in an instant.

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And when we work,

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so some of this is about the difference between a breakthrough and a transformation, for sure. Some of this is, as I've shared with you before, the way that I've really seen human beings change is that we will work with them in a session, they'll have a breakthrough or like a cluster of breakthroughs and new awarenesses new ideas new feels like you know, whatever it is, and that, that breakthrough creates an opening for your client. And in that opening, there is motivation and inspiration, and more willingness to move forward. And we want to capitalize on that we want to like have an action step, or a couple of action steps coming out of the session because of that opening. But more often than not, what happens for folks is after the session, that kind of big doorway, opening

it kinda like it starts to close a little and close a little. And so it's like, there's light being let through, right. But if we don't do anything about it, it's not that the door shuts closed completely again, but it's doesn't stay as wide open as it was. And that's why we have ongoing sessions, to continue to reinforce the breakthroughs, to come back to the new feelings to the new ideas to the new beliefs, to activate all of it on the four levels to add another new breakthrough to it. So the door opens back up again, more action, forward action can be taken. And then maybe the next time it starts to close again, but it doesn't close as much as it did the first time, right. And that's how the process of change goes. Along these lines. When we're working with a client on long lasting change, sometimes we might first come at it with a friend or fear process like we're gonna be learning over these next weeks. And we open up a fear and there's new awarenesses and new opportunity in the nervous system to tolerate a discomfort etc. And the next session, we might come back to that same befriend or fear process, or then we might come at it by looking at a resistance archetype, which we're going to be looking at in in this over the next months where we might come back at it with belief work and rewiring negative thought patterns. Or then maybe after that, we'll look at the myth of perfection. So it's kind of like we're chipping away at it to continue to embody the breakthroughs and embody the breakthroughs over time, while taking an outer action in between the sessions to reinforce all of the openings as well to shepherd the change and to also move the client towards the outer goals that they want to be taking. To me, even though this isn't maybe as sexy as like quantum leap, change, and instead, I don't know, like maybe it's even sexier in a way, because it's how human beings actually operate. It takes into consideration who we are as humans and our messiness, and how we really operate. The more that as practitioners we can understand this, not only does it allow us to then put it into practice in our client work, but it helps us to normalize the service for our clients that helps us to set this up. When they come into work with us. It helps our marketing to be more ethical and an integrity as well. When we talk about the process that our clients will go through when they work with us and how they'll achieve the results that they achieve. Let me pause there. What is sparking for you around this what is feeling important. What are you seeing

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Angie

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I just spent four days at kind of what would be considered like a transformational seminar, right. And while I was there, I was able to kind of see it for exactly what it was. Yeah. And I found myself continuing to, like, have these breakthrough moments for myself. And so this feels really pertinent. Because I do remember getting to a point on like, the last day where I knew a call to action was coming, right, and that they were going to try to sell something to everybody in the room. And, and, you know, I felt sticky about it, it felt a little bit weird to me. But at the same time, I was experiencing these really kind of aha moments, transformational moments after one after the other. And it's, it is exactly what you're saying. I mean, that window kind of closes a little bit in the days afterward. And so I think taking away from it for myself, even like, how do I now track my own progress through what I felt were really transformational moments. And it's not dissimilar from other things I've done in life, if I sat through a plant medicine ceremony, you get all of this amazing, beautiful insight. But the further away from it, you get if you're not really careful about your integration, and all of that it, it falls off. And so it's just it's feeling pretty potent and pretty on point for what I'm currently experiencing myself. And I'm still super grateful for the moments but it's about how do I now assure myself through what my own resistances are that are going to come up in the coming days and weeks so that I can keep keep movement happening?

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Yes, yeah, absolutely. I'm so glad you're sharing. And so well said. Those breakthroughs are really important and amazing. But it's really the harder work actually comes after that. The resistance to like, what comes through and the breakthroughs comes usually comes after that. And what what whether we're tracking ourselves or in our work with clients, we really want to be aware of that. and work that into the journey that we're taking our clients

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through.

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Good. Who else? What are you seeing what's resonating? What's feeling important

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about this?

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I'd love to hear one more share. Anyone else want to share what's feeling important?

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Hi, John, I'll chime in. Oh, great. I just want to say I'm excited about this super duper excited about these next modules, the befriending your fear and the resistance. I have a practice myself where I'm hoping these are some tools that you'll teach us later, at some point. And maybe I'm already doing them. I love to write love letters to my resistance. I do it every year for New Years. Deer 2022, you know, was a bust or whatever it was, and this is what was awesome deer 2023 I can't wait for ABCDEFG. And so oftentimes, I'll sit down and write. And most recently, I was having a resistance against something. And I didn't realize that there was a difference in my resistance. And as I'm talking about it, I'm kind of like drawing a blank, but something of during xiety I'm so sorry, that I confused you for I don't remember what it was fear. You guys have such similar symptoms that I just completely missed you I apologize for that. And this is what I'm gonna do to, you know, correct that. And just the thought of that I didn't even have to write it down. I will it is my intention to write it down like in the next week or two because I've been processing it, but just the thought of processing that mentally it's just like apps. Yeah. Yes. So I'm excited for this next process.

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Yeah. So beautiful. And yes, absolutely. We're going to be this kind of the foundational pieces of what you're talking about, like the befriending is exactly what we're going to be looking at in this module resistance. All of it. Yes. Great. All right. Well, I think that's a great segue and then to start talking about fear. So I did, I developed this kind of term and concept of befriending your fear over 15 years ago after many encounters and experiences with my own fear, as well as with clients. And this idea of befriending fear is very different. It's changing now since when I first started teaching about it, but it's still very different than a lot of what you're going to see in the transformational industry about fear. The friending fear is not conquering your fears, it is not slaying your fears. It is not destroying your fears. And stick with me on this one. It's not even letting go of your fears. We are not working to let go of our fears. And we're going to see why through our time together today. This is about becoming friends with the fear, it's a very different concept than the conquering the slaying the destroying even the letting go of. We want to befriend our fears, because if we ignore them, if we avoid them, if we criticize them, if we hate on them, if we fight them, if we try to destroy them, they often will become stronger, not smaller, they will often become stronger, not smaller. I always whenever I share this piece, I always think about a cartoon that I saw when I was like five or six on Sesame Street. And in this cartoon, the sun and the wind. Were having a conversation and they saw a man walking down the street who had a coat and a hat. And the wind says to the son Hey, son, I bet you that I'm stronger than you. I bet you I could get that coat and that hat off that man way quicker than you can. And the sun says oh, yeah, okay, um, game. Let's try this out. And the wind goes first. And it goes right it tries by force to get the coat and hat off the man. And it blows and it blows and tries to get it off the man. But what happens? The man clings on even more tightly to the hat and the coat. And then finally, the wind gives.

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And it's the sun's turn.

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And the sun doesn't try to fight the clothing off. The sun just shines and sends down love and warmth and shines and holds and sends down love and warmth. Until finally, on his own avail. The man decides to take off the hat and the coat.

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This is the difference

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between trying to destroy fear or vanquish fear or slay fear or conquer fear and becoming friends with the fear.

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So with that in mind, let's look at this principle. Very simple one, one that you probably already know. But a really important one. Fear is normal. Fear is common and it is 100% normal and expected. As practitioners we want to expect because this is human behavior. That fear of some sort is going to rear its head when a human being is about to step into something bigger or different for themselves. When you step into something Bigger for yourself, it's most likely that some fears are going to come up. Fear is part of the up leveling, and expansion and evolution process for humans. There is nothing wrong with fear. I say that again. There is nothing wrong with fear. If you experience fear, when you stop, you go start going after something that you want, it doesn't mean that you can't have the thing that you want, it just means that you're a human being experiencing fear because that's part of the process. It doesn't mean that there's anything wrong with you or your client, it doesn't mean that you're not whole and complete. In our society, and unfortunately in the transformational industry, fear has been stigmatized and even pathologized.

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And so

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practitioners as well as clients see it as something that's wrong that's something to fight as the enemy is, something has gone wrong here in the process. But that's not true I'm gonna say it again, the fear is totally normal, and I'm gonna say this

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it's healthy

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fear is healthy,

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it's there to protect us

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the fear is there to protect us.

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Now, here's the thing

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what oftentimes happens for human beings is that something has happened in the past in the then and there that has felt has been or felt threatening to our survival and because it happened in the past and then then in there, we had different resources than we have in the here and now and really, it could have been a threat to our survival then what happens is we get to the present moment and there's something that looks similar to the threats of the veteran there that shows up in the present. And we become unaware

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of the resources

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and the here and now and the fear is there to protect us so that we survive

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in this way. Fear

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is kind of like a smoke detector we need smoke detectors in our houses because there might be a fire and we need to be alerted to the fire so that we do what we need to do water get out of the house call the fire department, right? But what happens for us when we forget of the reason the resources and the here and now is that that fire that smoke detector is faulty. It's a little too sensitive. It goes off when we've burnt toast instead of when there's a legit fire in the house. So we need fear. It is healthy it is part of our job as practitioners to support our clients to discern when it's a real fire in the house. And when it's a faulty smoke that when it's close. I'd like I told you all I was not in my house. I think I have to move for a moment. Hold on one second. So sorry about that. And I'm gonna go upstairs. Oh okay, so I could have stayed I'm sorry. Okay. So we want to be able to discern and support our clients to discern between the toasts, the Bert toasts and the real fire. But we need due to the fear we don't need to fix the fear. Instead, we want to assess if it's helpful, or unhelpful? And in what ways is it helpful? And in what ways is it unhelpful, and then make the proper adjustments and reorientations around it. And for what it's worth, and you can see, check this out if this is true for you, I just I really believe this to be true. I don't believe that the fear ever goes away. That's because I don't think it's supposed to go away. I think it's more about continuing to adjust the relationship to it and orient around it, to use it when it's helpful and not use it when it's not helpful.

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All right. So I'm going to pause there

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and ask a couple journaling questions about this and then we'll we'll open up for some shares. First

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question

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Do you usually recognize fear is well sorry, wrong question. How have you approached fear in the past? Have you seen it as a problem and something to be fixed? Have you gotten excited about it? But haven't hasn't come up? And it's like, oh my gosh, there's something wrong so either for yourself or with clients? How have you been approaching fear?

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Now also add to that, what have you believed about fear? What are some things that you've believed about here?

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Alright, let's pause here. I'd love to hear some shares either on some of that journaling, or around everything I was sharing in terms of befriending versus slaying and the purpose of fear pension Oh, did you want to share you took yourself off mute.

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Can you hear me now? Yeah, yeah, my son wasn't working. I was trying to just be on my computer. I everyone. Um, yeah, you can share. I think that I work with you're very similar to the way that you're describing that it is a normal sort of part of life, and also that it's protective. Because I've worked with so many folks that have pretty severe trauma throughout my career. And so fear is like a pretty big part of the work that I do. And also, I would say, frankly, has been a really big part of my career because I've been I mean, this work is so vulnerable, that like, I don't remember a time that I wasn't fearful, frankly, about every single thing I've done. Like literally a new job, a new hire a new client, a new like literally everything. And so fear has just been in my world, just very, very, very present and then growing up in a rural town in northern California myself, and it's Bernstein, trauma myself, and isolation and feeling trapped with one set of family like so much fear, right, and lots of alcoholism and substance abuse and scary situations as a young child, like fears been everywhere in my world. And so that's been, I think, a real gift in a lot of ways for me, like, I've seen fear as a gift in my life. And also, so then I see it that way, and my clients. And, yeah, I think that the places that I get a little bit stuck with fear, sometimes, like I'm thinking about some particular clients, or one particular client, who are actually it's not just her, I think that sometimes I get the sense that, that some folks that I work with sort of hold on a little bit to their, their, like, symptomology, their presentation, like their anxiety or their, whatever it is.

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As a protector,

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right. And so then fears sort of the other side of that, and it just feels like really big, right? And so I the way that I work with it is like in little ways, but I don't know, this is kind of what I'm really excited to explore and deepen in is how, what are more ways I can just sort of open that up and hold and support people to kind of like shift through that like letting go of this like me as this diagnosis or me as this person who's always been anxious, so I always will be anxious, or me as this person who has PTSD, so always have PTSD. And that's just the way I am like this identification with anyway. Yeah, that's what I'm excited to work with. So this I love this topic so much.

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I can tell I can tell it, you have so much experience and wisdom on it. Yeah. And hopefully. And the resistance archetypes. I think they'll both you'll see how they work together. Yeah, I'm excited

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for you. Yeah, cool.

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And Amicus saying in the chat, I love the idea of the friending. In the past, I've always seen fear as something to fight through, even though I learned different ways in the last year as the interesting thing is that fear disguises itself. And I just realized it was fear when on the on the other end of it, yes, it's so true. And we'll see when we get to the resistance archetypes, they're very related to fear that I'm bringing it up because it speaks to it out of mica just shared and a little bit Anjan just shared. Sometimes, in order to not look at the fear, we show up tightly clinging as the victim or as the judge, or as the node, you know, like in these different ways. And they they wrap themselves around the fear and our great distraction mechanisms from actually then getting to the fear. So over this module, we're going to look at like working with the fear itself. Next module, we're going to look at how to



loosen up that outside area. Kelsey is saying yes, I'm really wondering how we actually can hold a client through fear without shutting down. Yes, because I find that even though I'm very aware of fear, I can still have an automatic shut down. Yes, like a trauma response that I haven't found a way around. Yes, absolutely. And you'll see next week as we start learning the technique, that it's as much about staying regulated in our systems as we move through the technique as it is the content of the technique itself. And that's something that helps this so much. Ron is saying when I felt fear in the past shame and embarrassment come afterwards Yeah, yeah, you're not alone in that and that's I'm glad that you're bringing that forward to Bryn because that's something that we want to be aware of can be present for our clients you know that they again and this is why our energetics and how we lead and how we hold all of this is so important because a client might experience fear and then even feel shame and or embarrassment in the que tiene are with us, right? So how we approach this can make so much of a difference.

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All right, let's keep on going. Alright, here's another

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foundational piece that I find really helpful for just understanding and approaching fear. There's always something to risk. There's always something to risk. When we create a goal for ourselves that is stretchy, or when we are in a situation for ourselves that's stretchy. There's always something to risk, there's always some relationship, some long held belief, some value, some object, some idea about ourselves, that is at risk. It's kind of like jumping off a cliff. If you're at the edge of a cliff. And you really want what's on the other edge, you really want to make it to the other side, that's where your goal is, that's where your next place is. But in order to get there, you have to take the risk of leaving where you are, right now, to get to the other side. When you make a commitment to go towards the goal, or when you're considering making a commitment to go towards a goal, it's like taking a gym. And that's when so many fears can start to come up because they're associated with what am I going to have to risk outside of myself or inside of myself

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in order to get to this new place.

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And that's kind of where a lot of the fear can come as well. So one kind of cognitive approach to fear is through risk assessment. In some cases, what's the actual risk of taking this action is this risk worth taking. With what I might do is up for grabs here, that's kind of like this similar to stretch risk or die that we looked at a couple weeks back. Or we can use that stretch risk or die exercise there. Sometimes just bringing awareness to how big the actual risk is, on a scale of one to 10, how big is this risk, because it can be feeling maybe like a 10. But when a client looks at it, cognitively, they can see it to two or three. And just that can start to be helpful as well.

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So that kind of leads us to another important concept, which is that in a certain way, our egos like to be comfortable in a certain way our egos like to be comfortable

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so this is the part of yourself that might like to think that where you are right now is safe.

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And

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in order to move to where you want to be you're not going to be safe anymore or you're not going to be comfortable anymore. Even if you don't like where you are right now. Even if there's a part of you or your client that hates their current career situation or financial situation or relationship situation, whatever it is, there is a way that they wait. We also find it comfortable and see

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we can't have have the comfort and the say, and also take the risk and go for that the new thing, or the next place we can't have, it's kind of like you're sitting on your couch watching TV, you're really comfortable. But you know, you really want that ice cream in the fridge. And so you have to get up off the couch at the comfort of the couch to get the date that ice cream in the fridge. So again, like there's always something Tourette's, and our egos generally don't like risk, they want to stay in a safe place. Because the safe place may not be what feels great. But at least you know what it is, it's something that you're familiar with. And oftentimes, what ends up happening is we end up sabotaging our dreams or goals, or what we want knacks what we really want in order to be able to hold on to the safety and the security of the familiar. But here's the thing. Let's just be honest, for a moment about safety and security. There really is no such thing there is and there isn't right, the thought that we can do something to remain safe and secure. is a lie that we tell ourselves to trick ourselves into thinking that it's always going to be okay. But the truth is that life is always changing. In order to actually be alive. We're always moving and growing, and risking safety and security. Yes, of course, we can route down like trees, and be grounded and connected. And we do want to do that. And we do want to help our clients feel grounded and connected. But we're still always whether we're going after the goal or not Time is moving forward. And because of that we're moving, we're changing. We don't know what the future holds. We're always partially in the mystery. And in that movement of life, and in that mystery, there's never full security. There are no guarantees about anything, not about our health, not about our relationships, not about our homes, not about our bank accounts, not about groups, we lead not about our client work, nothing is actually secure. And I don't mean that as a bummer or a downer. I really see this as part of the beauty and the risk of being alive. Anything can happen. That's scary, but it's also awe inspiring.

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And amazing.

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All right, let me pause there. What's feeling important? What are you seeing? What's clicking

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for you? Kim,

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that last part on safety was just mind blowing, because I definitely tell myself that staying wherever is safe and secure. And to hear that let's that that doesn't really exist is like, whoa, what? It's just interesting how our mind works and the logic and creates all these convoluted thoughts that keep us in mind. That's completely it's a trick. And like Julius saying in the chat, it's about that inside job of feeling that security and that safety on the inner level, but the outside is never guaranteed even if we do nothing right. It is not so good. I'm glad that's resonating. Caroline

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Yeah, everything that you're saying. I actually I've had this conversation twice today. So it's, I talk about this a lot with my clients for sure. Um, and I think that yeah, I guess that's just what I felt compelled to say. I think that there is, you know, we create safe 3d with our thoughts. It's an internal job. And yeah, it's just kind of a crazy concept to think about that. There is no place where where we can find it, except for here. Yeah,

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yeah. It's it's both like, Oh, and also excited, like exciting. I think, like, we get to create that internally. And then we're in the mystery, but we have that internally.

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Thank you. Thank you, Monique.

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I love what you just said right now, about the excitement because I'm sitting here, and I'm feeling like, like, we're at a campfire. And we're just like chatting really softly and closely about fear. We don't want to really poke it so much. And unlike I love fear, I am excited by fear. When other people are facing a, you know, fearful situation or question in life, I get excited for them, because I know that there's big massive change in growth from it. And for myself, I mean, I like to think of myself as a risk taker and a change maker, and I've done some crazy things. So whenever fear like tries to come at me, before my first reaction would have been like, Oh, hell no. Do you know who the FIM I have done? ABCDEFG? No, you're not? No, this isn't happening. But then post COVID. Now you've got anxiety. And so anxiety is mixing is blending together with my fear. And so this is where I'm trying to develop a new relationship, and separate them and befriend, so to speak. So, um, I feel I feel glad that you said the word excitement because I was sitting here like, am I the weirdo? Because I kind of enjoy

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this. No, not at all. And like, what I love that you're sharing this, and what I want to suggest for everyone is that this is actually how we want to approach fear when it comes up for our clients, for us to kind of get excited, because it means like, Ooh, there's something rich, and ripe here that is like coming and there's change. That's possible. So instead of being the kind of practitioners like Oh, no fear, or like hiding, or I've done something wrong, or this is gonna suck or whatever it is, to actually be like, who this is opportunity for such richness and growth.

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Good. All right. Just check the chat

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for a moment. The says asking, Does our mind create the illusion of safety? I don't know that I'm like, qualified to answer that. But I would just say in my opinion, yes. Like we our minds do, so that we can get through the day. But like, you know, like I said earlier, it's just anything can happen. Truly seeing what I'm hearing is that you are we are normalizing the broad expanse of our human experience. And in doing so with our clients, we create safety. Beautiful, yes. My dad always said nothing is certain except that nothing is certain. This has helped me in not catastrophizing, but rather meeting what is to the best of my ability in the moment. Nice. Okay, good. Let's keep on going. Sara's saying it feels like there's a dialectical tension as coaches, we are creating safety in order to look at fear. I love that. Yes, yes.

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I don't. I don't think I

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know what dialectical tension. I don't know. Like the tension. I don't see it as a negative thing. It's almost like I see it as the safety is the container that allows the fear to be looked to as kind of like the sun creating that container is just the loving on it, the being with it. The normalizing it the the Yeah, so it's like yes. So, anyway, I love your comment. Yes.

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Okay, and then I just want to remind everyone of an acronym that we've probably all heard before, which is the acronym for fear, false evidence appearing real. False Evidence Appearing Real. Now sometimes it is real, right, which is why we want our smoke detectors so that we can assess when it's a real fire in the house. But oftentimes, when we work with our clients, what the false evidence appearing real means is that when we start to feel the fear, we're actually looking for we're searching for we're even bending some facts, to find evidence, any kind of evidence in any little experience, scenario, email, glance, etc. To confirm the fear of the

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veteran there

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without realizing the resources available in the hearing now. But the evidence that we find usually isn't real, it's false evidence.

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So for example,

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one of my big fears that I've been working with for many decades and that I will continue to work with for many decades, is that I have a fear of people really hating me, like, they just they don't, they just really, really not dislike me personally, but I can't explain it like they just want to hate me, kind of thing. When I am not in good relationship with this fear, when I am not checking the fear, it can motivate a lot of self sabotage. And I can find evidence that people hate me in anything, like someone didn't email me back right away. They definitely that person definitely hates me. Or if I'm in the fear on a particular day, and at the end of teaching a class people are falling over themselves and being like, that was such a great class. Oh, those people definitely hate me. Right? Or if I'm in the middle of a launch, and I've sent out a couple emails and people haven't bought just yet. Oh, everybody in my community definitely hates me. Right. None of that is actual evidence of the fear. It could mean so many other things. But when I'm not checking it, when I'm not befriending the fear, that's the only thing that all of those pieces mean, they are evidence to confirm it. Let me pause there. What are you seeing? What's feeling important? what's resonating here?

58:19  
Yeah, I need a saying My fear is that I'm so annoying, and everybody thinks I'm so annoying. Exactly. Julie's got same as me. Who else? What are you seeing what's feeling important? I'd love to hear a voice or two on this. So thank you hate me. Windy

58:45  
I definitely do not hate you. Just to be clear. So I okay. I know what I'm about to tell you. Is it something we laugh at and my family it is very funny. But there is a point. Um, I have two stepdaughters and we love to play the what if game. Their favorite thing is around zombie apocalypse. You know, it's very important. Yeah. So I've asked them multiple times. I'm like, Well, I don't know. Do you think I would make it? And their answer is always if you are in fear, and you go to terror, you freeze, we're gonna have to leave you behind. I'm afraid you're not going to make it. If we can get you to from fear to pissed off, we're all going to survive. But which is hilarious, but also, I think it really speaks to you know, how we translate fear and our body and our perception and what just our reaction physically to, to whatever the perceived or A real fear is can take us in so many different directions. And it's something I actually enjoy working with, because I also have to develop developed quite a bit of anxiety since COVID. Started, that became pretty regular for me and was not something that I was used to. So really taking a look at fear. And is it real? Is it perception? Like, what is the level of fear on a scale of one to 10? has been really

helpful for me to kind of lower the anxiety and get a little bit more realistic with with what's happening. Yeah, yeah,

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thank you for that. First of all, I love that game that you play with your dollars, it's so good. And here's something that you said, I can't remember exactly what it was. But that made me want to share this. And we'll see this next week as we get into the technique. But I think it speaks to something that you said, which is that part when we're working with fear with ourselves or with our clients, part of what we're doing is creating just enough, B. So that the client can get a little space like to see that the fear isn't all of them, to see that the fear is a part of that. And when we can see that the fear isn't all of us, when we can have that recognition, and we can see and feel that it does a part of us, then we are in a much better position to make a different choice. And we make that different choice, right. So when we get some of that space, and part of that is from working with the body, our systems regulate enough for the moment to see the fear for what it is not to see it is it's all of me, we have those moments of regulation in tandem with the fear, like the fear is there. But but we are regulated all at once. And then we can make a different decision. Right. And that's, that's part of the work here. Back to that process of change. Doing this and then doing this and doing this opening that door more and more, making a series of different choices of that different choices, right for us and then raining at the same time training us to get more and more regulated, even in the face of the fear that we'll all make more if that's not making full sense, that will all make more sense as we go through everyone. But I just wanted to like lay that out now because that that's really what we're going for here. And even a cognitive question like on a scale of one to 10. How much of a risk is that for you? That's starting to create a little space already.

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Good. Lisa.

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What I'm noticing is a lot of this for me around safety and security. It was so subconscious was like it was really beneath the level of my awareness. And I was doing some deeper work on this recently. And I realized I had the safety and security thing going on. At the same time as I was trying to grow my business and become more visible. And I hadn't seen I don't know if that's a dialectical something or other. But it was like, one was pulling me in the other direction. But I really wanted to be comfortable and safe and secure. And is such an illusion. I'm just excited and mortified all at the same time that I hadn't seen it for so long. How could I not see that for so long?

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I mean, because we're not we're not taught to we're just not taught to? That's why. Yeah, I'm so glad you're seeing it now. Yeah,

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it's hard, though. It's hard.

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It's hard when we think

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that we know how to work with these things with our clients, and then it kind of comes back and becomes obvious that it's so present with ourselves as well. Yeah.

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It's so it's so true. I know. This is one of the reasons why I always like, I think there's so many similarities between coaching and parenting. And I'm always mean I cannot tell you how much I am normalizing fear and my ability to be okay, even if I'm scared to my kids, like all the time I'm like, oh, that scares me. and right, like, I'm so conscious to normalize versus pathologized. Because we just don't talk about this enough in our culture.

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It's so lovely to have this conversation that John, thank you, you've lit up Today Tonight, I really see your lighting up. It's just wonderful.

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All right, let's keep on going, there's still a little bit more. All right, I want to share some of the most common, and the best way to say it is underlying fears. This is not an exhaustive list. But I find it's helpful for, as a practitioner to kind of know, like, there's, there's another even if the fear is I'm scared to send that email, or I'm scared to do the dating app, or, you know, whatever the task is, there's, there's an underlying fear underneath it, if you will. And it's good as practitioners for us to kind of know what some of them are, we always want to ask our client, you know, identify confirm user, you know, all of that, but it's kind of good to have that backdrop. So I'm going to go through some of these pretty common, what I have found in range of human behavior are pretty common underlying fears. Any kind of symptom or surface fear can fall into one of these categories, depending on the person. Number one, fear of failure. Fear of failure can sound something like, I'm simply not going to be able to make this happen. I'm going to fail at it right. So not moving forward. Because we're scared that we're not going to make it happen, that we're going to fail at it. And this is why the fear of failure I have found is such a big one. failure in one task is somehow unconsciously acquainted with being a failure as a human being. It's like, a person's value and worth is predicated on not failing. And so in order to not fail, they just don't do it. Because it would mean something about them and their work. That makes sense. Just another pretty common underlying fear, the fear of not being good enough. Not being smart enough, not being savvy enough, not being pretty enough. The design of that thing isn't that I did isn't good enough, that coaching session wasn't good enough, right? This this can come up around anything not being enough. And I still have not yet met a single human being who doesn't have this one rolling around inside of themselves, in one way or another. So sometimes when a client is stuck, holding themselves back, not taking action on something, it might be this fear of not enough, not being good enough.

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Here's another one. This one might sound a little funny at first, the fear of success. So fear of failure, easy to understand, right? But fear of success. But check this out. If you have maybe some of this going on for yourself, do you have any preconceived negative notions of what it means to be successful? Or any judgment around what kind of people successful people are and what they have to do to get there, and what it means about them, sometimes a client or for yourself, whatever their notion about successes is going to be at odds with what their values are, because of what they've seen modeled in the past or in the culture around success around a particular thing. And then And even though they want something, they want to be successful at it, they want to move forward, they will hold themselves back, because what it means to be to them what it means to be successful in that game, and that thing, that makes sense. Okay. There's another fear, fear of being seen or being visible, the fear of being seen or being visible. For some people, even if there's a part of them that really longs to be seen, let's say visible in your business, or whatever it is, there's also another part that is very scared of being visible. And usually, that's because the more visible you are, the more open you are to criticism. The more you might have to stand up for yourself or your values or your work, or what you believe in. For some people, that fear of being seen, is related to being scared that if they're seen, they'll look too big. And other people might think, Who does she think she is? To do that, to be that to try and make that happen? Carolyn's asking in the chat is the fear of being visible, more common with women? That's a really good question. I've certainly worked with a lot more women than men. So I can really only answer it from that point of view. But I mean, I think culturally, women, there's a lot of preconceived notions about what it means to be a woman who is visible.

We've seen that in politics, like we saw that, I mean, not to bring politics into it. But we saw that with Hillary Clinton and how she was, you know, people hated her for being seen for being big. And so much of that had to do with who she was as a woman. So I definitely think like in patriarchal culture, there are certain norms that make it can make it scarier for a woman to be visible. This is just my opinion, by the way, if anybody else wants to, like ADD or share, it's not the truth with a capital T.

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Or, alright, here's another fear. The fear that you don't deserve what you actually want. The fear that you don't deserve what you actually want. So this one can sound something like I just don't deserve to have a great relationship, or have a thriving business or to get my book published. So it's like there's this desire, but there's this uncertainty that we that you actually deserve this thing. Here's a biggie that, again, so many of these are hidden, they don't come, you know, like, you sort of have to look for them. Here's, here's a biggie for people, they may not even realize it, this one and the next one, the fear of losing connection with self or loved ones. The fear of losing connection with self and loved ones. So if there is any fear that if you go after what you want, or achieve what you want, and somewhere in that process, you'll become so busy, that you get lost in the work or like in one way or another. it disconnects you from people that you love or disconnects you from yourself, somehow you'll lose your true self, or you'll outgrow a loved one.

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I see this a lot.

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Sometimes when I work with entrepreneurs whose business gets to a certain point, and they're scared if they take it to the next level that they're going to outgrow their spouse. By all So I have seen this a lot with artists, you know, people that have art, like the heart of an artist, this fear of like, if I get too famous, I'm going to sell out, which is kind of like that I'm going to be disconnected from myself and my values.

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Julie's asking,

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would you say that most of our fears are tied up in our self worth, I actually don't like so this last one that I mentioned, I not not totally tied up in self worth, I think a lot of them are for sure, but not all. Here's another one that's related. The fear of surpassing a loved one, the fear of surpassing so it's a little bit like the outgrow, but it's slightly different. So this fear revolves around a parent, or a sibling, or a mentor, or a friend or an employer who you feel very loyal to. So loyal to that one or the family code. There's part of you that fear is that if you go after what you want, or achieve what you want, you'll in doing so you'll break that unspoken code or rule between you and this other person or between you and the family. So instead, you hold yourself back so that you don't get more successful from those folks. That makes sense.

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Fear of getting hurt. There's a fear of getting hurt. And this other one goes is separate, but related, the fear of others becoming angry at you.

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So if

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I put myself out, for example, if I put myself out there and really ask for the rates that I'm ready for, people will laugh at me, and I'll be hurt, right? Or if I really charge what I'm ready to charge, people are gonna get angry at me.

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Or people will reject me.

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So is the fear of getting hurt, fear of rejection, and then fear of anger from other. Alright, let me pause there, that list was not exhaustive at all. But it's kind of some of the places where a lot of things can kind of group into or fall into. I'd love to hear oh, and I'll just say like, part of the fear of getting hurt or rejected is the fear of being abandoned to I'll be abandoned. I'll be all alone.

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What's clicking for you, what are you seeing? Which ones are you like? Oh, yeah, that's me, or what other ones would you like to add to the mix here? Who wants to share

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I'll also just add that a lot of times if we're not in the here and now and we're really in the then in there any of these fears can actually feel like or the natural conclusion of it can feel like and I'm not going to survive, because of the right it is like a threat of survival. Britain

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the fear of being invisible, totally resonates with me. And it has for the longest time finally the sheer, I think I've befriended it and have stepped out and have become more visible, and like doing circles or what have you. But it dawned on me is that the witch wound actually might be part of this to be invisible, and then being criticized or persecuted for whatever I'm feeling. And I loved how you said, you know, standing in, or stepping into, like, my values, my morals and being challenged on it. Totally hit home. I'm like, Ooh, I didn't even think about that part. But that is part of that fear. Like someone's gonna say, Well, you believe this or you believe that? Yeah, yeah.

1:19:38

Yeah, I find that one even though like, for myself, I've worked through much of it. Like I said, you never go away. And that one totally like when I sometimes when I'm about to write something very controversial, either to my newsletter community or social media posts like that, that comes up like oh, and then I'm going to be seen and I'm going have to defend and what does that mean? Right? It can come up so strongly.

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Yeah, totally social media, like you said, like I even and I, I appreciate what you write Duran often but I understand where you're coming from. But me I just make two sentences on a like a little like image and I'm like, Ah, so yeah, it's something that I have to be conscious of work on.

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So we're gonna say it's good, even just the being aware of it as you go to post right, just that awareness can, even without the befriender fear technique, like all of that, but just that awareness alone, can maybe create enough space, who'd be willing to share what you want to share? Click Post, right? And then, you know, you've got to be aware, but

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it's surprising how much time it takes me to coach myself and talk myself through it. Okay, Brent, it's okay. I really do. Like it's, it's I'm coaching my level of like, it's alright, you can you got this, you can do this, but it just adds on, like, 15 extra minutes just to catch that post, or, you know, yeah, so anyways, yeah, good.

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Thanks. Good. Who else? What else? Are you seeing? Which ones? Are you resonating with? What's feeling important? What do you want to add? Who wants to share it feel like there are other thoughts out there?

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I would add something or observe something. In support groups I ran for parents whose teenagers may are in some level of treatment for behavioral or mental health issues. They'll kind of they'll come into group, and especially parents in the beginning, who are very fearful, will see some other parents almost in a sort of a, I call it like a middle stage, where there's some growth and some a sense of peace, and they'll aspire to that, and start to be more willing to do the work. But then as those parents who are in that sort of more, the middle zone kind of are about to bring their child home, all these wild years, it's like, it's like, suddenly the storm happens all over it. And it's. So I guess, I'm really seeing the spiral nature

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of fear. Yes, that's part of that process that I was talking about, and how it doesn't go away, right? It doesn't go away, it's just now is the next stretch, right? That next those parents are, they're bringing their kid home, and comes back up again. And I mean, really, it's, it's just, the more you can make friends with it. And the easier it's not so that it doesn't, we're not making friends with it so that it doesn't come up anymore. We're making friends with it so that when it does come up, we can move through it with more ease and understanding. But the goal is not for it not to come up. And I think that's a really important point that like we have to come back to and remember and remember member right? Again, like, not going away. It's, it's kind of like, think about this the I mean, we're so detached from the seasons in our modern culture, but it's kind of like the winter is always going to come. Right. But how are you going to move through the winter? Are you going to have harvest that you have saved to get you through the cold winter months? Are you going to like rest? Are you going to try to fight against it? Are you going to freak out? Because the winters like, it's always going to come? It's always coming back around. But how are you moving through it? And then how are you learning from each time how to move through it better and better and better?

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Right? Yeah, it's interesting. I've never like we've talked a little bit about metaphors and maybe mantras, maybe not that this is the first time I've really seen it almost like when you're doing rock climbing. And you get more and more secure about your holes and like Can you stretch your leg out that way? Not that I've ever rock climb to by the way, but yeah, I can see that you would need to kind of keep on reassuring yourself and having and I guess it was Julie that talked about it's internal. I can't remember the wording but yeah, it's self soothing.

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Yes. security and safety. Yes.

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Thank you. Yeah, thank you, Caroline. I'm really feeling that personally today. I'm at, I'm at the making some decisions about my business. And it's just like, visceral experience for me right now. So so many of these things are coming up for me. And the idea that to embrace it with excitement that there's something on the other side, I understand it cognitively. I do. The Dow I know is like the yield, say, and, yeah, I'm in the river of misery or something right now.

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So, yeah, no, I hear you well, and that's why you'll see the befriending your fear process is a somatic process, because it's very rare that we can handle it only on the cog that we the cognitive is really important, the intellectual awareness, but because we feel fear in our body, the process almost has to be also activate the body level. And actually, we'll all see as we learn the process, the process activates all four levels of learning and processing. They're all working together. For right now, I'm just sending you love, I know what it's like to be in that place.

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Thank you.

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Jennifer, saying in the chat having to do with the safety concept that we discussed earlier, I have a fear of the unknown, I sometimes rather stay in a less than ideal situation than to risk moving into something I haven't experienced before. Absolutely that and that is another one of the fears, like the fear of the unknown, or the fear of not knowing how it's going to work out or not knowing how to do it, right because of that safety

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piece.

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All right.

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Take a moment and write down what you're taking from our time together today. What's one or two big takeaways for you?

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I'd love to hear some last takeaways. Your homework this week, you'll have some worksheets. But partner catch up partner practices just catch up or continuing with everything we've been working on. We'll learn the technique next time and then you can start practicing it. What are you taking away? Who wants to share?

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I want to share great.

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So what I am taking away is how good fear feels when I really see it and I honor it. As Monique said, at the beginning about anxiety. When she spoke about anxiety, I don't remember exactly how she said. But when she spoke about it, I felt like my anxiety in me is being seen. And I'm feeling anxiety. Now when I'm talking I'm articulating this good enough or not. But as I speak about it, and I let it be seen, it starts to feel good. And I remember hearing I think from Guy Hendrix, and he heard it from someone else that fear is or anxiety and that anxiety is excitement without breathing. And when you let more of the breath in, it turns into an excitement. And I also remember hearing from some other teacher, that it's sometimes hard for women to contain joy, and that's why we feel so much excitement. And then I'm thinking excitement is joy without breathing. Anyway, add more breath and I can feel more joy and it goes from fear to joy very fast. That but I still want to like talk and to love beer. It's good to hear hopefully Fear is normal and healthy and here to protect us. So, yes, yes, it was acknowledged and so good in the body. So thank you. Oh, and there's another thing that I want to say about this paradox about fear and safety and security. It's like we are creating with our clients space, and safety so they can look at their fears. And we look at the fears, so they can feel more safe to do the actions. And I feel like it's so juicy to be in this paradox of like, being afraid and being safe at the same time.

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Yes, I think that's a beautiful note for us to end on. Because that's, that's actually where we're going is to like, again, that the fear and the internal safety can live together at the same time, and we can move forward, even in the face of fear. So beautifully said,

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Thank you.

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Well, I am excited for you all to walk with all of this this week, and just let it you know, metabolize it, integrate it. Follow your fear this week, track it and see notice when it comes up and see if you can just start to be like, Oh, that's fear, not just like, oh, I can't do that. Or oh, I'm gonna write like, just like, Oh, that's my fear of that. Right. Just think we can create a little space throughout the week with it.

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All right.

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So next week, we'll get into the technique, thinking about all of you and I'll talk to you soon. Bye.