

Befriend Your Fear

2-Part Training



BYF I

Foundations for Understanding Fear

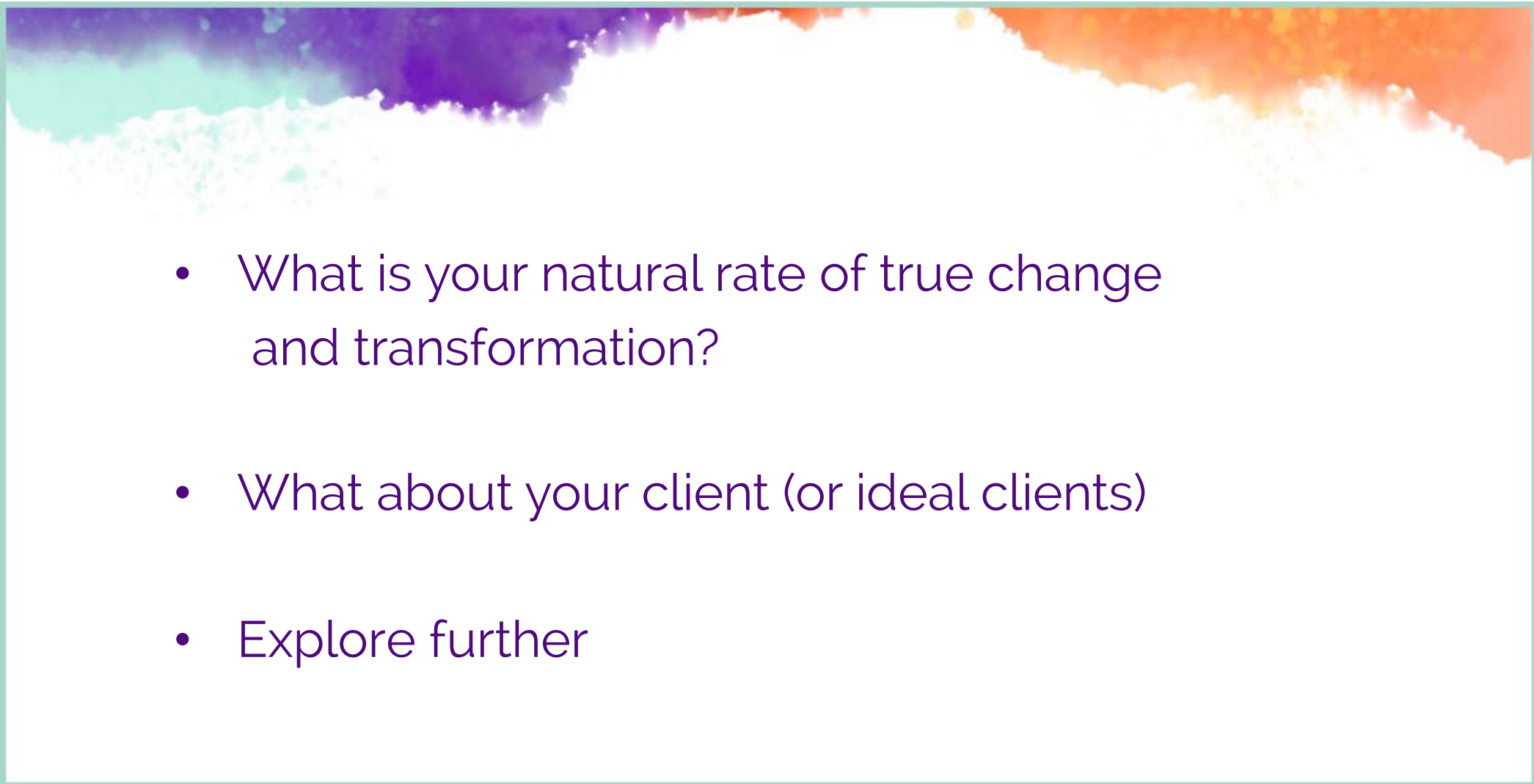


BYF II

The Technique

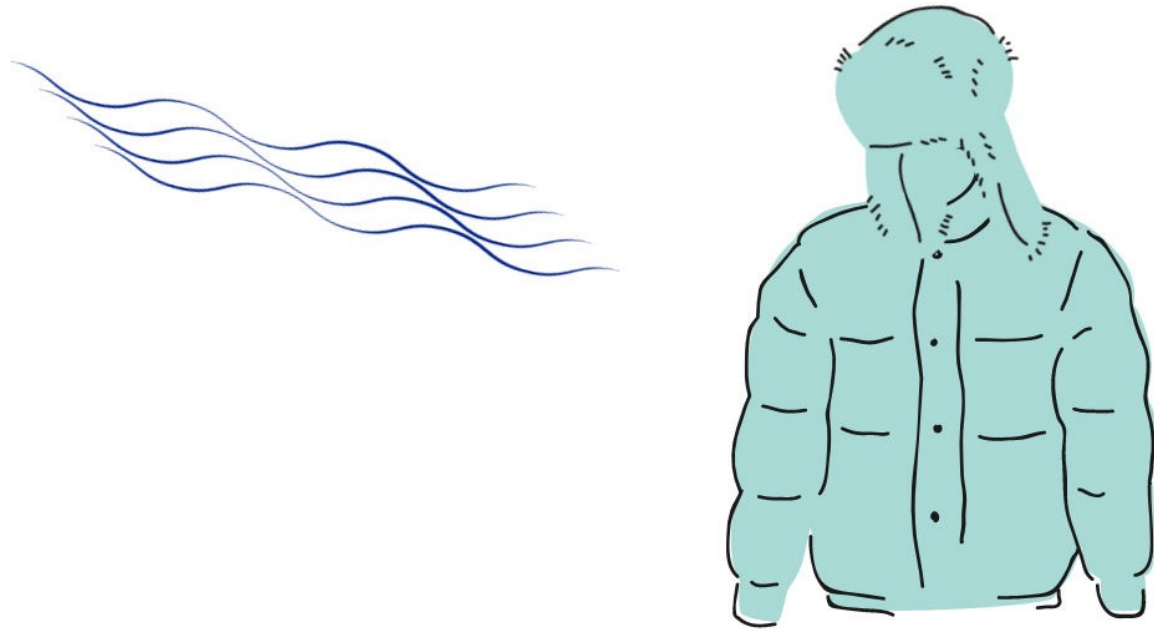
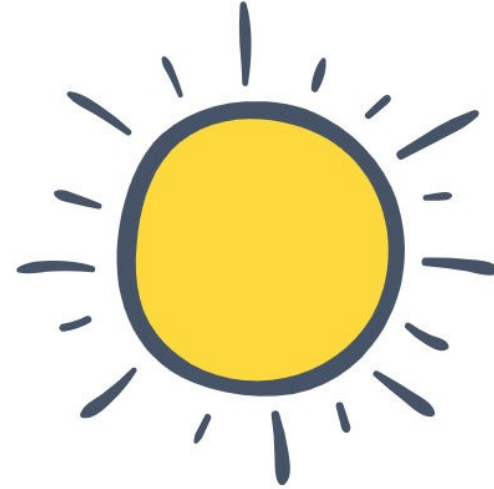
Self-Exploration

Change is a Process



Befriend Your Fear I

Being in Relationship with Fear vs Aiming to Conquer



the goal is to move forward
WITH fear so it does not
sabotage you

Important Things to Know About Fear

- ① Fear is Normal & Healthy
- ② There is Always Something at Risk
- ③ Ego prefers to be Comfortable
- ④ F.E.A.R
False Evidence Appearing Real

Befriend Your Fear II

The Technique

The Technique –practice with yourself

1. Become Aware of Your Fear
2. Understand How the Fear Behaves in Your Life
3. Dialogue with Your Fear
4. Connect to Spirit, Trust, and Love
5. Make a Conscious Decision
6. Commit, re-commit, and recommit again

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

The Technique

1. Help Client Become Aware of the Fear
2. Support Client to Understand their Fear
3. Lead the Client to Dialogue with their Fear
4. Connect to Spirit, Trust, and Love
5. Make a Conscious Decision
6. Commit, re-commit, and recommit again to the New Path

Energetics. Strong Container.
Hold the space for the client to become friends with their fear.