



Sacred Depths Certification

Befriending Your Fears Self-Quiz

1. What is the difference between breakthrough and transformation?

2. Which of these are ways that fear can show up?

- a. Not taking consistent action on goals
- b. Not following up on important leads
- c. Deciding to lower rates
- d. Putting off having important conversations that will allow client to create what they want.
- e. All of the above

3. If fear is normal and healthy, why must you fine-tune your fear mechanism?

4. _____ is the part of you that likes to think where you are is safe and comfortable.

1) Breakthrough is the new awareness, new choices, being able to see things you had not before. A breakthrough leads to transformation BUT you have to take what you learned from the breakthrough and practice it, practice it, and practice it over and over again until over time there is a new pattern and a new behavior. 2) E – all of the above 3) Fear keeps us safe, and we must fine-tune our fear mechanism in order to discern between a real and a perceived threat. 4) Ego

5. What is the value of doing a risk assessment when going after a big goal?

6. What are the 6 steps of the Befriending Your Fear Process?

7. What is the value of bringing your fears into the light?

8. T/F: Trust is not necessary in order to move through your fear.

9. What is at the heart of the befriending your fears process and why is it so critical?

10. When you make a _____ around your fear, you move out of reactivity and move into responding.

5) When you create a big goal or step into a bigger place, there is usually always something at risk. The risk assessment allows you to get clear about what exactly is at risk, so you can identify the next steps to take and feel more confident. 6) 1. Become aware of your fears 2. Understand how fear behaves in your life. 3. Dialogue with your fear. 4. Connect to Spirit, Trust, and Love 5. Make a conscious decision. 6. Commit and re-commit to the new path 7) When your fears remain in your blind-spot, they are more likely to sabotage you and keep you from reaching your goals. 8) Ego 9) Dialoguing with your fear. By dialoguing with them, you are not rejecting, fighting, ignoring, hating, or judging them. Instead you are leaning into them and in the process you can find out how your fear has been serving you 10) Conscious decision