



Sacred Depths Certification

Top 11 Underlying Fears

Here are some common Underlying Fears that often come up for individuals who are up leveling their lives. I developed this content after . . . pretty much seeing it all!!! This isn't a totally exhaustive list, but you'll see that pretty much any surface or symptom fear can fall into one of these categories.

It's really helpful to have these on hand for yourself as you work with clients because you can help them make connections and see how their actions are related to fears (because sometimes a client won't get at first that a sabotaging action is related to a fear).

Note: Because I am a white, straight, cis-gendered, able-bodied woman, I may have missed some important underlying fears here. Please get curious for yourself, and add any that apply for you.

Fear #1: Fear of Failure

- It can sound like, "I am simply not going to be able to make 'this' happen." "I'm going to fail."
- Failure in one task is somehow equated with failure as a human being. Almost as if their value and worth is predicated on NOT failing.

Fear #2: Fear of Not Being Good Enough

- It can say: "You're not smart enough, savvy enough." "That design isn't good enough." "That coaching session wasn't good enough."
- This fear can come up around ANYTHING not being good "enough".
- We each have this fear inside ourselves, of not being "enough".

Whatever you fight becomes stronger. When it comes to fear, if you ignore it only gets stronger. You must make friends with fear, so it does not sabotage your success.

Fear #3: Fear of Not Knowing How to Do Something or Not Knowing How Something Will Work Out

- For example, the Fear of Not Knowing How to market yourself, or the Fear of Not Knowing How to talk to a prospect.
- And, of course, you want to know how to do certain things – but this fear is running the show if you're letting the Fear of Not Knowing How to Do Something stop you in your tracks.
- This can also be called the Fear of the Mystery . . . which is actually very related to the Fear of Death itself.

Fear #4: Fear of Success

This, at first, might sound funny, but I want you to check this out for yourself:

- Do you have any preconceived negative notions of what it means to be successful?
- Any judgment around what kind of people successful people are, and what they had to do or sacrifice to get there?
- For some there is a fear of success because of the negative connotations around success.

Fear #5: Fear of Being Seen and Being Visible

- As you step into bigger spaces and leadership places for yourself, naturally you are going to become more seen and more visible. But perhaps while there's a part of you that really longs to be seen and that really needs to be seen, there's also a part of you that's terrified of visibility.
- You're terrified that then you'll be much more open to criticism, that you'll have to stand up for your values and your work and your sacred message.
- Or, perhaps you're scared that if you're seen, you'll look TOO big, and others might think "who does she think she is?!"

Fear #6: Fear of Not Deserving What You Want

- The thing that you want, you don't deserve to have it.
- This fear can sound something like: "I just don't deserve to have a great relationship" or "to have a thriving business" or "to get my book published."
- This fear, more so than the others, really lives in the subconscious. The client is truly unaware that they hold this belief.

Fear #7: Fear of Losing Connection with Self or Loved Ones

This one may not be obvious right away:

- Do you have any fear that if you go after or achieve what you want, you'll become so busy, that you'll get carried away by the work or the fame or get lost in the work, and therefore you won't have the time or you won't be connected with yourself or people you love anymore?
- Or somehow, you'll "lose" your true self . . . or outgrow a loved one?

Fear #8: Fear of Surpassing Loved Ones

- This fear revolves around a parent or parental figure, a sibling, a mentor, a friend or an employer to whom you feel an incredible sense of loyalty.
- There is a part of you that fears if you go after what you want, you'll achieve more than they have and thereby defy or break an unspoken code or rule between the two of you.
- So instead, you hold yourself back so that you don't get more successful than them.

Fear #9: Fear of Having Money or Fear of Not Having Money

- These are two sides of the same coin
- It is easy to see the fear of not having money but the fear of having money can be just as strong or stronger.
- This can be because of the responsibility that comes with having money or ideas of how people are who have money.

Fear #10: *Fear of Getting Hurt*

Fear #11: *Fear of Not Being Liked or Having Others Get Angry with You*

These two often times go together:

- These two can sound like, “If I put myself out there and really ask for the rates I want to, people will get mad at me or people will laugh at me and that will really hurt my feelings.”
- “If I do ‘x’ people won’t like me, or they’re going to reject me; they won’t like my services, etc.

Deeper Dive*

You can complete this section after the Resistance Workshop

Our resistance patterns often distract us from seeing, acknowledging and making friends with the core fears that are activated inside of us. As practitioners - and for ourselves - we want to be able to work with both the Resistance and the Fear. Use this chart to start to explore core fears underneath resistance.

What is an action you would like to take but are having trouble taking? (Ex: Creating an online dating profile)	How are you having trouble taking it? (Ex: simply not doing it; getting started but not completing; doing it half-heartedly; migraine)	What Resistance Archetype is showing up (i.e., the surface level excuse, reaction, or defense)? (Ex: The Judge is telling me that I’m not cute enough or that online dating is stupid; The Know it All is telling me I’ve already tried and it doesn’t work)	What is the Underlying Core Fear? (Ex: I’m actually scared of Rejection; I’m scared that if I end up dating, I’ll feel disconnected from my parents; etc)