



# *Advanced Depth*

## **Befriend Your Fear Somatic Visualization Process Checklist**

- In Conversation (Intellectual Level of Learning and Processing):
  - If need be, Co-Create Awareness with your Client Around the Fear (so that they are aware that fear is what is holding them back versus “reasonable reasons” to not take the action they want to take)
  - Identify the Fear - it’s helpful, if possible, for the client to name what the fear is (Fear of Being Seen, Fear of others Getting Angry, etc)
  - Identify How the Fear Shows Up practically in the client’s life (inner and outer)
  - Identify the Impact of the Fear
  - Ask Permission to go deeper and explore the fear more
- In Somatic Visualization:
  - Ask client if it is comfortable for them to close their eyes, and if not, for them to keep their eyes open and go inwards
  - Create space for client to get grounded, to connect naturally with breath, to connect with body
  - Ask Client to sense or feel into their body, and where the fear is located or living
  - How does this fear feel in your [insert part of body the fear is located]?
  - Invite client to hold space for the fear. To be with, and to hold loving and compassionate space for it. And to continue to simply be with the fear and hold space for it.

- You may want to remind your client that the intention is NOT to make the fear disappear or go away. And they may want to let their fear know that as well. The intention is to give it intentional, loving expression and to deepen an intentional relationship with it.
- Support client to relate visually to the fear (if they are able to visualize): “Now, just like a detective might, go inside your body to where the fear is living. Use your magnifying glass and your flashlight and look at the fear. See what it looks like. It may show up as an object or a shape or anything else. There are no wrong answers here.” (And ask more about visual details of the fear so that client can really connect imaginatively to it)
- Support client to relate other senses to the fear: What does it smell like? Does it feel hot or cold in that area of your body? Can you touch it? What does it feel like? Do you hear anything?
- Now speak to this fear that lives inside your [insert part of body] directly. And ask it for example:
  - What role [purpose] do you play in my life?
  - What event or series of events brought you into being?
  - From your highest wisdom, what do you want me to know?
    - Often times, you will want to create more space around some of the wisdom pieces that come through, and support client to deeply feel and embody them. You may want to pause after a piece of important wisdom/new belief is shared and say something like, “Take a moment and let THAT sink in. Where in your body do you know that this piece of wisdom is true? What does that truth feel like in your body. Make a body memory of that.”
  - From your highest wisdom, what would you like for me to do?
  - Whatever the fear asks the client to do, practitioner ask client: Are you willing to do that? [If answer is no, ask client what they are willing to do?]
- Work with client to see if the energy wants to move or shift in any way
- Direct client to thank the fear for showing up, for its presence and wisdom

- In Conversation:
  - Process What came through the visualization
  - Ask client what is sticking out them, what are they seeing for themselves
  - Review Action steps, strategize further, possible put dates on action steps