



# *Advanced Depth*

## Befriend Your Fear Technique 2 - Automatic Drawing + Journaling

- **Pre-Step:** Ask your client if they are up for doing deeper work on the fear and for doing some drawing. Give the exercise context beforehand and give instructions beforehand too, so that your client understands what they are about to do.

Some things to contextualize:

- They'll be connecting with the HIGHEST WISDOM of the Fear
  - They'll be holding space for the fear – not BEING the fear
  - This isn't about pretty artwork at all; it's about the process...so no need to worry about your creativity or ability to draw
  - This is an abstract drawing, not a representational one...so again, no need to worry about your ability to draw!
  - The idea is to FEEL the HIGHER WISDOM of the fear and then simply choose colors and move hands - no need to overthink at all.
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- **Step 1:** Ground into your body, feel your seat, feel your feet
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- **Step 2:** Invite the Client to Hold Space for the Fear, Lovingly, with Compassion
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- **Step 3:** Ask the fear from its Highest Wisdom to Draw through You:
    - What does it want you to know?

- **Step 4:** Journal with the Fear

Ask the Fear:

- What do you want me to know?
- What would you need from me in order to allow me to X?
- What's my next step?
- What else?

- **Step 5:** Shake body, move out of the holding of the fear. Ask client to re-read their writing + look at the drawing. Take time to discuss what the client sees in the drawing, and what was important from the writing, ask about takeaways + Strategize on the next steps