

3 Essential Steps to Dissolving Fear

Step #3 - Get to know your 'fear'

Identify your biggest fears and name them:

1. Write down three fears and be as specific as you can (ie. fear of flying, fear of being alone, fear of being left. etc)
2. Explore the origin story of these fears. When, when and why did they come to be so in your conditioned way of living? Look for any kind of core belief that you chose to put in place in reference to these fears. This might sound like: "men are not safe", "heights are dangerous", "speaking what I really think and feel will alienate me from others", etc.
 - a. In these origin stories we inevitably find a logical justification for the conditioned creation of a fear response to an initially unconditioned stimuli or situation.
 - b. Our job is to unravel the unconscious tangle of story and belief that has remained unintegrated and, because of that, remains as a kind of outdated protective mechanism that has outlived its initial adaptive use.
3. Run through how those fears could play out in their worst incarnation. Be willing to let the worst case scenarios be pictured in your inner vision and your visceral reality.
4. Take a few moments to think of one specific fear and a time you felt it.
5. Now, put aside the particular event and let yourself feel the fear without any story.
 - a. Feeling it means that you put your concept aside and see what the palpable experience is. (ie tightness in my throat, pressure in my chest, a desire to run away, or hide, etc.)

In regards to fear, speaking out loud what we are thinking, feeling and seeing tends to give a certain space and lightness to the experience. We can do this in front of a mirror, if there's no one around or no one with whom we feel safe to do that. However, if we can find a safe person and place to do this it is even more powerful, as being witnessed in the midst of our fear helps us to not separate ourselves from the world when we experience fear. In fact we discover that vulnerability with another in the midst of fear more deeply connects us and makes us feel safer!

Finding a place of just looking at and being with a fear, we begin to relax in relationship to it. Progressively, over time, we are able to stay open and relaxed, even as the fear reaction is activated. We are creating a small, though potent, distance between the experience of fear and the experiencer, the one who is having 'fear'. We feel safer, and the fear continues to diminish. It is in this place of being and seeing what actually is that the human nervous system naturally rewires and regulates itself.

Until we master this ability to be with our fears, without being run by them it is helpful to bring these experiences and their underlying beliefs, to safe and inviting spaces, with those who have made that enduring shift, and know where the realization of fearlessness comes from. **This is a place where feelings and the freedom to share and express them, can be powerfully transformative, rather than limiting and even damaging.**