

Befriending Your Fear Soul Work: Part II

You are on the green, growing edge of your becomingness!

Take 10 minutes to write out a list of your biggest fears.

F-false E-evidence A-appearing R-real

Befriending Your Fear Soul Work: Part II

Fear is a measuring stick for your growth. If it doesn't scare you, you are not growing!

From the list of your biggest fears, write out how each one has grown into a bigger fear because of every worst case scenario you have given to that particular fear.

You choose to grow in spite of the fear.

Befriending Your Fear Soul Work: Part II

“I’ve lived through some terrible things in my life, some of which actually happened.”

Mark Twain

From the list of your biggest fears that have grown into the worst case scenarios, write out what is **TRULY** the worst thing that can happen. Can you see how it is not as bad as you made it out to be?

You cannot free yourself from a prison that you don't know you are in.