

FEAR EXERCISE

EGO BUSTER

What's the lie?

USUAL SUSPECTS

"If X happens, then I'll be happy/successful/satisfied."

"If X happens, I won't be able to handle it."

"It's my business what other people think of me."

"I know the outcome that would serve the Whole in this situation."

"It's possible for someone to give me ENOUGH validation to make me feel whole, complete, and loved."

"I'll feel good if I'm perfect/if I do this perfectly."

"If I hide out, nobody can hurt me."

"It's too late/no more chances."

"My identity comes from my business/success."

"I'm doing my best."

"I've taken actions."

What do you do when you try and protect yourself from the fear coming true?

USUAL SUSPECTS

Trying to control the outcome

Overworking

Over-preparing

Trying to prevent pain or "bad things" from happening

Trying to control what people think of me/my business

Numbing it out

Trying to "fix it"

Living in denial

Giving up

Hiding out

Obsessing

Fantasizing about bad things/good things happening

Giving less than my best