

# LOVE SEX WISDOM

## ASSIGNMENT 6.

1. List (a minimum of) 5 fears surrounding your relationship(s).
2. Do at least 5 Expand Beyond Fear exercises *with the accompanying guided meditation* for *each*. (The meditation is where the magic happens.)
  - Use the Expand Beyond Fear: Ego Buster worksheet to support you.

Be sure to use paper and pen/pencil. Please do not type or use tech to fill out this assignment.

### IDEAS FOR FEARS

- Fear of being trapped in your relationship
- Fear of registering for a dating site
- Fear of asking for what you want in bed
- Fear of “never getting out of the friend zone”
- Fear of sleeping with people in your hometown
- Fear of your partner cheating on you
- Fear of your partner judging you
- Fear of your partner not respecting you
- Fear of saying no when someone asks you out
- Fear of hurting someone’s feelings when you tell them you don’t want to date them anymore
- Fear of breaking up with your partner
- Fear of never finding someone
- Fear that there’s “something wrong with me” around relationships
- Fear that if I’m my true self, my partner will be repulsed and leave

NOTE: If there’s something you’re afraid of *not* getting, be sure you do the fear around getting it.