

# THE PRACTICE :: EXPAND BEYOND FEAR

**NAME YOUR FEAR.** What are you afraid of? What's the fear beneath that? "Because then..." "And then..." Bullet-point your answers. No journaling, please.

## ANSWER THE SIX ESSENTIAL QUESTIONS

1. How are you being dishonest? (See Ego Buster for some possible answers.)
2. How do you try to stop what you fear from happening *or* to numb the feeling? (See Ego Buster.)
3. What exactly do you imagine happening in the worst-case scenario? Bullet-point.

4. How would you handle the worst-case scenario as your most courageous self? (See Ego Buster.)
  
5. What's the best-case scenario in this situation? Bullet-point.
  
6. Relative to this fear, what new beliefs about yourself, your life, and life in general would you like to create? (See Ego Buster.)

### ACTION PLAN

When this fear comes up, (1) what will you choose to believe; and (2) what actions will you take to handle the fear? Bullet-point. (See Ego Buster.)

Now, listen to guided meditation titled Expand Beyond Fear.