

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.

