

REFRAME YOUR FEAR

Chapter 14 Worksheet

Transform Fear Through Reframing

Fear and excitement produce the same physical response: racing heart, sweaty palms, heightened alertness. The only difference is the story you tell about it. This exercise trains you to catch that story in the act and rewrite it.

1 Name the Fear

Write down one thing you have been avoiding because it scares you. Be specific. Not "put myself out there" but "submit my short story to a magazine" or "ask my boss for a raise."

The thing I have been avoiding:

2 Map the Feeling

Close your eyes and imagine yourself about to do the scary thing. Think about the worst case scenario. Pay attention to what happens in your body. Where do you feel it? Chest, stomach, throat, hands? Note specific sensations below.

| | |
|----------------|--|
| Head / Temples | |
| Throat / Chest | |
| Stomach / Gut | |
| Hands / Limbs | |
| Other | |

3 Relabel It

Now shift the context. Take the same activity and imagine the best case scenario. Everything goes better than you dared to dream. Picture yourself in this situation and pay attention to what happens in your body. Note the sensations below.

| | |
|-----------------------|--|
| Head / Temples | |
| Throat / Chest | |
| Stomach / Gut | |
| Hands / Limbs | |
| Other | |

Compare the two columns. Notice any similarities? The racing heart, the tingling, the heightened alertness. These sensations are the same. The only thing that changed was your story.

What similarities do you notice?

4

Shift Your Focus

Fear disappears when you stop thinking about yourself and start thinking about someone else. Write down the name of one person you care about who would benefit if you followed through.

Person who benefits from my courage:

What my transformation makes possible for them:

What happens to them if I take no action:

5

Commit to One Step This Week

Fear loses its power the moment you act. Commit to one concrete step toward the scary thing within the next seven days. Not the whole thing, just the first move. Sign up for the class. Send the email. Book the meeting.

This week, I will:

By this date:

____ / ____ / ____

Who I will tell:

YOUR REFRAME STATEMENTS

Keep these visible. Use them when fear and resistance show up.

1. I am not afraid of

I am excited about it, because if I succeed it will not just help me, it will help

by

2. If I give into fear, I will not just let myself down, but I will let down

because

The fear you feel around joining that new class, starting your creative project, or pursuing your dream job is also excitement. Push past your old story to tell a new one. The roller coaster is safe. Enjoy the ride.