

Worksheet for Fear

Fear Summary

I mention at the start of each video how much experience each guest has with Shift. If you noticed, past the second video I've been facilitating newbies. I'm doing this so that you, as a newbie, will be able to relate.

But you may be surprised to learn, while long term practitioners of Shift can be in a voice as much as 100%, so too, can newbies.

And yet, can you see that Ashley was only about 10% in voice? I could tell because –while as observers, I can call Fear 'it', and you can call Fear 'it'– but while in voice, Fear was calling itself 'it' up to 20 times in the video. That's not a symptom of Ashley being new at Shift dialog, but more a sign of 10+ years of The Judge and the Thinking Mind hijacking Fears experience and rightful place in her life, and speaking on its behalf. Which means, if you are unable to be fully in voice, it's likely you have disowned the voice, and that is why you cannot go all the way.

When in voice, calling yourself 'it' reminds me of the book "A Child Called It" about a severely abused kid. This is no different. Abused children can be very confused about their identity, become convinced they have no self-worth, and like we see with Fear, can be afraid now, even of itself and its own shadow. Which is a huge part of the problem. Fear should be afraid of a lot of things, but not of itself.

The good news is; in the moments like these where 10% Ashley is willing to get out of Fears way, or if you are as well--heck even 1%-- that's plenty to set in motion not only an awakening for this voice, but a heads up for you that the problem all along has not been Fear itself, but rather your having put it in the basement. Even a little shift in perspective along these lines, is often all it takes to get unstuck, and is the first crucial step toward realizing that Fear is ready and excited to align with you on a higher level whenever you're ready.

As for the panic attacks, Fear being locked in the basement is what causes these for Ashley. The good news is panic attacks are Fear's attempt to alert Ashley that this type of repressive relationship just isn't working. They prompted her to reach out to me, leading to ultimately doing something about her relationship with this misunderstood emotion. Way to go Fear then, for communicating your needs so effectively. And the fact that the Judge and Thinking Mind were 10% willing to get out of Fear's way and let it speak, is also a very, very good sign. For like I said, things change from there, and they change fast.

Do this often, because not only will you find an intimacy with Fear and all your 10,000 voices, but you will become so big Fear will have plenty of room to live and breathe and do its thing. This is important, because Fear in a cramped little basement, will be like a tablespoon of salt in a small glass of water--undrinkable.

Questions for Fear

Allow me please, to speak to the voice of the Fear.

Whom am I speaking to?

What is your job in this Corporation?

How confused are you, about what you are, and the role you play in the Self's life?

Let's start with this, then; are you the Self, is the Self you?

Is it the Self's job to be afraid, or is it your job to be afraid?

Why does He/She think that they are afraid, when it's actually you, who is afraid?

Are you complicated or are you simple?

Does the Self have a complicated, or a simple relationship with you?

Is the Thinking Mind, the Judge, preconceived notions about what Fear is, the one pretending to be Fear, the one trying to understand Fear, or any voice, other than the voice of Fear?

If yes, whatever voice is here, are you willing to step aside and allow Fear a stage to speak on its behalf, as much as possible?

With those other players out of the way let me ask again: now to whom am I speaking?

What percentage is it really you right now? Is it 1%, 10%, 75%, 100%?

Let's get to know what life is like for you. Your job is to be afraid. What are you afraid of?

Is there any end in sight to the things you are afraid of?

From your perspective, why is there so much to be afraid of?

What does humanity have to say about you?

When you show up in the Self's life, how do the people in His/Her life treat you in those moments-- what kind of advice do they give the Self about what to do about you?

What do scientists, psychologists, doctors, parents, coaches, teachers etc. suggest the Self do about you?

How about in His/Her internal world? What does the Judge have to say about you?

How does the Controller react to you?

What does the Thinking Mind think about when you show up?

How has the Self been influenced by all these many factors, regarding how He/She also treats you?

How does all this make you feel?

Are you able to be felt, experienced or expressed in natural or healthy way, or are you mostly repressed?

If the former that's great news, and we don't need to continue with this course.

If the latter, what is the Self's habitual way then, of dealing with you? (i.e. does the Self try to understand you, rationalize you away, ignore you, avoid you, fight you, exercise you away, eat you away etc. Also see Flight List bonus for a more complete list.)

All these things are intended to put you in the basement, so let's acknowledge where you reside, next.

Questions for Voice of Fear, In the Basement

Allow me please, to speak to the voice of you-- Fear, In the Basement.

Whom am I speaking to?

Who exactly put you in the basement, and why?

Was it a conscious decision, or an unconscious decision?

Since what age have you been down here?

Have you matured much, since then?

Down here, do you have a self-esteem issue-- do you question your self-worth?

Tell me about your vision and understanding of yourself, the world, and your role in the Self's life, given your limited view from the darkness of this basement?

How do you feel, physically, down here in the basement? Be as specific as possible.

How do you feel, emotionally, down here in the basement? Be as specific as possible.

Your job is to be afraid. Are you less afraid down here than you would normally be, or are you more afraid?

Look at the Self. What does He/She think they've accomplished by putting you down here? (the payoff)
Let's start to look now, at the cost. Will you be denied?

How do you get out to do your job? How do you express yourself from the basement? (feel free to answer this question with words, sounds or physical movement)

If you don't get this message out, what in your opinion will happen to the Self?

How does the Self react to you, as this version of you showing up from the basement?

What is the current nature of your relationship with Him/Her, given these circumstances?

Do you form alliances with other voices, who are also down here in this dark basement?

If yes, who are some of these voices?

Why these voices, in particular?

From the basement, what is your relationship with the Thinking Mind?

Does the Thinking Mind spend a lot of time thinking about you?

Do you ever hijack the Thinking Mind?

If yes, how do you do that- what's your style?

Tell me about the relationship between you and the Controller?

What role did the Controller have with putting you in the basement?

Does the Controller have control over you, or is it the other way around?

From the basement, what is your relationship with the Body? (hint; I see the basement, AS the Body)

Is this the relationship you were supposed to have with the Body, or has something gone wrong?

What is this something that has gone wrong:

Would you like to be taken out of the basement?

Questions for Voice of Fear, 1% Out of The Basement

Allow me please to speak to the voice of you, Fear, 1% Out of The Basement. Which means the door is cracked and a little light and fresh air is coming through.

Whom am I speaking to?

What is your vision now?

How do you feel physically?

How do you feel emotionally?

Your job is still, to be afraid. What are you afraid of?

How are you showing up differently, versus the last time I asked that question?

How else have things changed for you?

What seems possible now?

Look at the Self, what are His/Her goals and dreams?

How might this experience of taking you out of the basement one step at a time, help Him/Her accomplish those goals or dreams?

How might YOU, the voice of Fear, help Him/Her accomplish those goals or dreams?

What advice do you have to give the Self in this moment, with regard to you?

What do you need from the Self, such that you can become a more healthy, positive force in His/Her life?

Is there anything else you'd like to say?