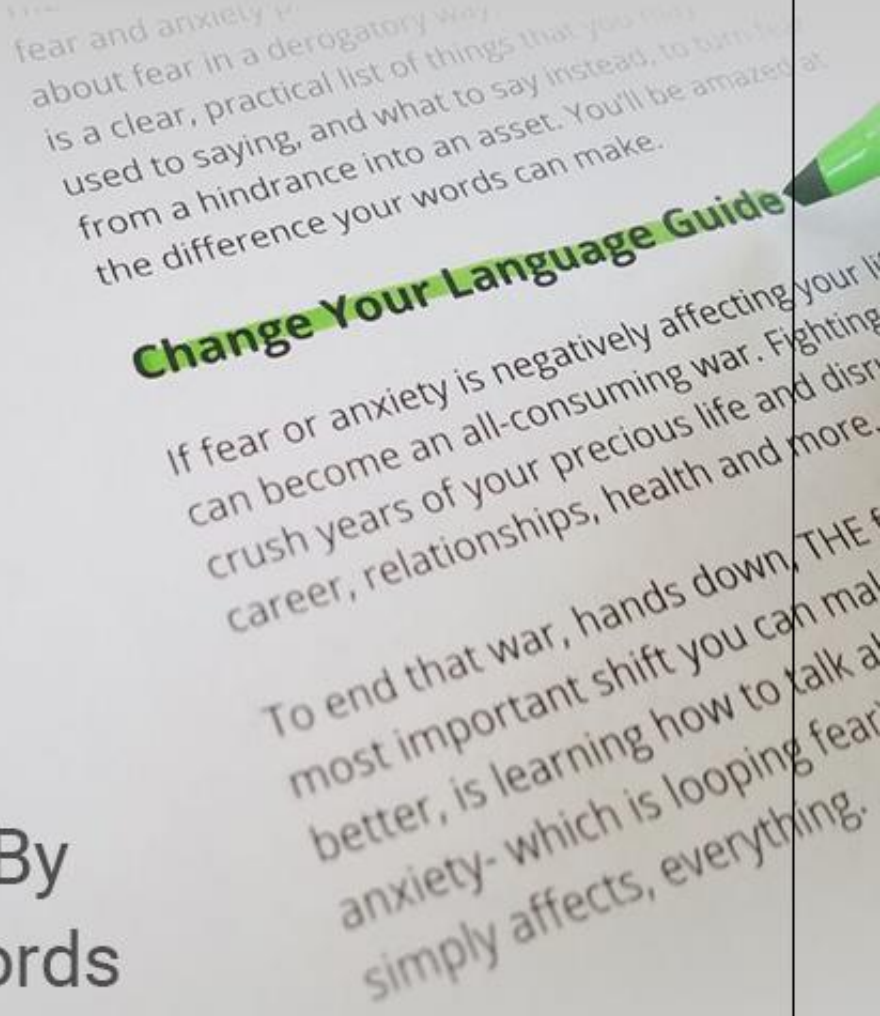
KRISTEN ULMER

Change Your Language Guide



THE ART OF FEAR

Change Your Life By Changing Your Words

Table of Contents

Changing Your Relationship with Fear: First Important Step 2
1. The General Rules 3
2. How to Talk About Your Own Fear (and other emotions) to Yourself, and to Other People 5
3. What to Say if Someone Fear-Shames You 6
4. How to Speak to Others Who are Feeling Afraid (or Angry or Sad) 8
5. What to Say If Someone is Blaming Their Emotion on You 9
6. If They're Available for It, How to Assist Your Family and Friends 10
7. What to Teach Your Children So They Grow Up to be Emotionally Healthy Adults 11
8. Final Tips on How to Stick with This 13

Fear Dictionary - Change Your Language

Changing Your Relationship with Fear: First Important Step

Welcome to THE most important first step to changing your relationship with Fear.

Re-framing your language regarding how you talk about Fear and other 'negative' emotions is not just great for ending emotional repression and associated problems that result, such as chronic anxiety, depression, insomnia, PTSD, irrational fear, panic attacks and more. It's actually THE most important personal work you will ever do. Here's why:

Did you know that when I work with clients looking to solve a problem, any problem, I'm primarily on the lookout for how they talk about Fear? The reason why is, how you speak about this core emotion, translates directly into how you speak about, or to, yourself.

For example, if you say things like 'I hate Fear,' because Fear is such a huge part of your core makeup, it's akin to saying 'I hate myself.' If you say 'I ignore Fear,' it's like saying 'I ignore what's going on in my life.' Basically, whatever you say about with Fear, reveals very clearly what your relationship is with yourself, at your core. This also shows me exactly what kind of deeper problem we're dealing with, that you may not be aware of.

The other concern is, let's take a moment to personify Fear. See it as either your spouse, roommate, child, or employee... whatever analogy works best.

If I were to ask you; tell me about this person in your life? And you were to respond: 'I ignore him.' That would be bad right? No one, certainly not Fear, will put up with that. If you were to say, 'I hate her,' that'd also be quite revealing, and problematic of course. Same with all these fear language standards; 'He holds me back, so I battle him constantly" or 'he's not even real!'

Saying such things, as we discussed, is not only you saying such things about yourself (I battle myself constantly). But speaking that way about *anyone*, much less an entity as old and as wise as Fear? Imagine how that child, spouse, roommate or employee feels in return- with you talking about them that way?

Terrible, that's how. Fear feels abused, neglected and upset. And here's the thing: whatever it feels --it being a huge part of you-- YOU feel.

Fear, just like with the child or roommate, may also start to feel sad or angry for being talked to this way, or struggle with self-esteem issues, and more. And thus, so will you.

Copyright 2019, Kristen Ulmer. All Rights Reserved

So, let's get you talking about Fear and thus yourself, in a kind way. Let's get you treating this important entity called Fear with respect, so it can feel good and thus so will you. Reframing your language actually, *can even be all it takes,* to start treating yourself right. All relationships, not just the one you have with Fear, become quickly healed, if only we start using proper and more considerate language.

Now, that's just the first part. There's also a bigger picture.

Likely you know this: *words matter,* --otherwise you wouldn't be reading this guide. But turns out, they matter even more than you realize:

"When words lose their meaning, culture collapses." -Greek historian Thucydides 400BC

Paying attention to proper language choices (it's not 'just semantics') deeply supports a healthy cultural network, not just within yourself, but for all of us. If we *all* do our part, using proper language keeps us living in a collective state of sharp, conscious, intellectually appropriate, bulls-eye integrity (how's that for an earful?)

And this is especially true --regarding Fear. We have *so* lost our way when talking about this deeply misunderstood emotion, that our culture has indeed collapsed. All you have to do is look at the shockingly high levels of anxiety, depression (the results of repressed fear) or drug and alcohol addiction (to avoid dealing with Fear), to see this. It must stop.

And stop it will. *Change*, begins with you.

This Guide has 8 parts:

1. The General Rules
2. How to Talk About Your Own Fear (and other emotions) to Your Self, and to Other People
3. What to Say if Someone Fear-Shames You
4. How to Speak to Others who are Feeling Afraid (or Angry or Sad)
5. What to Say If Someone is Blaming Their Emotion on You
6. If They're Available for It, How to Assist Your Family and Friends to Changing Their Language
7. What to Teach Children So They Grow Up to be Emotionally Healthy
8. Final Tip on How to Stick With This

1. The General Rules

This guide is not necessarily something to be memorized. To have it best serve you, instead go with the flavor of it, and that's all.

Copyright 2019, Kristen Ulmer. All Rights Reserved

The reason why is: conversations take on so many forms and come and go so often. Thus, rather than cramming and trying to retain exact responses, it's better to be armed with a generalized sense of what to say so you can remain fluid in conversation. That alone will gain you the dramatic shift that you seek.

With that in mind, here are the first few generalizations you need to know, to make your fluid shift:

When choosing your words about Fear and other emotions, which you'll now do thanks to this guide, with more consciousness and consideration, there are two general rules to follow:

The first rule is: **Please, no longer call Fear a 'negative' emotion.** Same with Anger, same with Sadness, etc. Because there IS no such thing as negative or positive emotion.

Kind of like a dog. You might judge it to be a good dog or a bad dog. But look again: The dog is just the dog. It's neither good nor bad. It's only when it acts a certain way that you don't like, that it gets labeled a bad dog.

Similarly, there's no good or bad Fear. Fear is just Fear. And Anger is just Anger. Sadness is just Sadness. Our judgement of it however, is what determines whether it's negative or positive. And, that judgement- certainly if an emotion is deemed 'bad'- is what ultimately hurts us. Because unlike dogs, emotion is not eager to please, nor will it do whatever you ask of it. Your judgement of it as being 'bad' isn't going to get it to behave better in order to gain a treat or your affection. Actually, it's only going to make it rebel and seek vicious revenge!

So, get this now. **Emotion is just emotion**. And that's it.

The second rule is, if you want to get along better with your emotions, like with anyone, you might want to start treating them with love and respect. You must start seeing emotions not as dogs to be trained, controlled, or shamed into being what you want them to be. No one likes that. **They're meant to** instead, **be felt, and enjoyed as the incredible resources that they are**, **compelling you into action**.

Bottom line, these 2 rules: 1. emotion is just emotion, and 2. it's meant to be felt and appreciated, are the first shifts you can make to offer Fear, Anger, Sadness etc. a chance to be seen in a different light. They're the first shifts allowing you to ultimately give your emotions what any of us want to receive: which is love, consideration, respect, understanding and a feeling of being welcomed and included. That's what dogs want too. That's what YOU want. That's what we ALL want. And let me tell you, you give that to your emotions, watch as your life starts to shine brighter than ever, with their responding light and warmth.

Get in the habit of following these rules then, *and the rest will follow*. You'll come up with your own style of speaking –-of that I'm certain. Just like you'd come up with your own form of parenting or ways of speaking in a healthy, kind way about your roommate or spouse. All the while knowing, in doing this, it's akin to treating yourself with kindness.

Copyright 2019, Kristen Ulmer. All Rights Reserved

That effort, will be the very thing that turns Fear, Anger and Sadness from adversaries out to get you, into trusted and respected allies who are here only to help you be magnificent.

2. How to Talk About Your Own Fear (and other emotions) to Yourself, and to Other People

There is one thing to remember always, when talking about your own Fear to yourself or to other people:

No Fear-Shaming allowed!

Fear-Shaming is whenever you send a message that it's not ok to feel Fear.

Here's a list of reframes to reflect this. Spend some time with each of these reframes. Close your eyes and try the one in the left column on. Say it out loud and notice: how does saying this make me feel? Then, try on the other in the right column. Say it out loud as well, and notice the radically different flavor.

The left-hand column reeks of Emotion-Shaming. The right column is void of Emotion Shaming and is instead, quite complementary to Fear.

Notice how each reframe dramatically and profoundly changes your perspective.

If you're used to saying to yourself or others:	**Change to:**
Fear is my enemy	Fear is my superpower
No Fear	Yes Fear
Fear doesn't exist	Yes, of course Fear exists
Fear holds me back	I hold myself back, by being unwilling to feel Fear
Do it despite the Fear	Do it because of the Fear
Feel the Fear and do it anyway	Feel the Fear and do it (anyway is disrespectful to Fear)
I am not afraid	I am afraid, but I'm pretending not to be
It is what it is (sounds dismissive)	It just is (sounds holy)
Negative vs. positive Fear	There's no such thing; there's only Fear
Hope is stronger than Fear	It's not a battle. Hope and Fear are allies
There is nothing to Fear	There is much to Fear
Fear is a hindrance	Fear is an asset and an ally
Fear must be conquered	Fear must be savored
Faith over Fear	Faith and Fear are equal
Fear is a prison	Fear is in prison
Fear is a liar	I am a liar, I'm not living my truth
Fear shrinks us	Fear expands us

Copyright 2019, Kristen Ulmer. All Rights Reserved

Fear limits us	Embrace Fear, you become limitless
False Evidence Appearing Real	Fabulous Effective Advice Revealed
Courage is having power over Fear	Courage is a willingness to feel Fear
I don't want to feel afraid	I am willing to feel afraid
I overcame the Fear	Fear helped me overcome the situation
Fear Nothing (impossible?)	Fear Everything (respectful?)
Don't be afraid to fail	Do be afraid to fail (notice the motivation)
Fear of failure holds me back	Fear of failure makes me sharp
Life begins where Fear ends	Life begins and Fear begins at the same time
Life begins where Fear ends	Life begins once you're willing to feel Fear
Fear is temporary	Fear is constant (it's with me right now)
Living in Fear, is not living at all	Living without Fear, is not living at all
Don't be afraid	Be willing to be afraid
Let it go	Let it be

As for other emotions, also: **No more Anger-Shaming! No more Sadness-Shaming!** etc.

Here are a few reframes for Anger and a few for Sadness. Can you come up with others too, on your own?

If you're used to saying:	**Change to:**
Anger is our biggest enemy	Anger is our biggest motivator
Anger is one letter short of Danger	Anger is two letters short of Changer
Anger Doesn't Solve Anything	Anger helps us solve many problems
Manage your Anger	Harness your Anger
Anger hurts you	Ignoring your Anger, hurts you
Anger ends in cruelty	Anger ends in proactive change
It's better to cry than be angry	It's better to feel whatever you feel
Sadness causes suicide	Fighting a war against Sadness, causes suicide
Turn that frown upside down	Your job is to frown right now
I'm sorry for crying	My gift to you, right now, is my vulnerability
Don't worry, I'm ok	I'm not ok, but I'm pretending I'm not, so that neither of us feel uncomfortable
Choose Happiness over Sadness	Choose whatever you feel right now
Be strong	Be strong enough to admit your weakness
Let it go	Let it be

3. What to Say if Someone Fear-Shames You

Because life is a scary experience, one of the best things that you can say, to own your truth is: "I Feel Afraid." Say it now in fact, out loud, and see how it makes you feel.

Copyright 2019, Kristen Ulmer. All Rights Reserved

As you say it, do you resist it next, and wish it weren't so? If yes, what does that resistance feel like? Or can you own it out loud, in this ceremony? If yes, does it feel more honest? More real? Or freeing?

Say it often; I Feel Afraid, whenever you want to be honest with yourself, or whenever you want to be free to just be you. **I encourage this to become your new battle cry.**

Ok as good as that (hopefully) feels, now let's talk hard truths. Consider yourself warned: if you say this out loud in FRONT of someone, expect that your honest battle cry will likely be met with Fear-Shaming.

To negate this, consider these action steps:

- When you meet someone new (like Fear) whom you appreciate, you tend to acknowledge it publicly-right? You go out on the town together, or even have a marriage ceremony. This is you saying in your own unique way, "Hey, everyone, this is my thing." The same applies here. Let your friends know you're in a new relationship with Fear and that you'd like their consideration or help to celebrate that choice.

- Be sure though, to educate them on what that looks like, and require them to be kind to your process. For example, let them know that when you say, "I Feel Afraid," the only appropriate response is either to ask a clarifying question or offer a simple, genuine "Good for you."

Now, even with these action steps taken, because the rest of the world is not fully up to speed on how gorgeous and honest saying this can be, let me tell you what to say when someone still, inevitably, Fear-Shames you.

First, resist the urge to roll your eyes or smack them, and answer using one of the following responses:

- Please don't talk me out of feeling my Fear. Let me enjoy it.
- Please don't rush me through this emotion. It's here for a reason.
- Please don't ask me to repress my feelings in order to make you feel more comfortable. Let me have my experience.
- Please stay in your own lane. I feel Fear right now, and it's an important moment for me.
- I'm supposed to feel Fear. That's part of the deal with life, ok?
- My Fear is here for a reason, which is to take me into a heightened state of awareness. You sure you want to talk me out of it?

Ok heh heh, some of these are a bit snarky. But do you get the picture? Defend your right to feel and talk about Fear by using as few words as possible. And always remember, these folks are not up on the latest language yet, so help them out by offering a simple perspective shift in that moment and perhaps educate them (again?) later --but only if they're open to it.

Copyright 2019, Kristen Ulmer. All Rights Reserved

As for Anger, in the above list of responses, replace the word Fear with Anger, and try those on next. But, because Anger can often be projected externally and blamed on others, be sure to read section 5 in this guide and take into consideration the advice there, so you don't inadvertently use these responses as a way to lash out.

As for Sadness, also in the list of responses, replace the word Fear with Sadness. The other thing I want you to consider (and this may be very difficult!) is: **never apologize for crying in public, ever again**! Resisting the urge to apologize for your tears, can help you feel and appear powerful in your vulnerability, and lets you enjoy your gorgeous, sad moment rather than accommodate others unhealthy expectations.

4. How to Speak to Others Who are Feeling Afraid (or Angry or Sad)

If someone says to YOU, "I Feel Afraid," perhaps they read this guide! Of course, remember then, no Fear-Shaming. Do not say in response, "there's nothing to be afraid of," or "you need to let that go." Those are the worse things you can say when someone is scared.

Instead, give them the same consideration you would appreciate in that moment, and say or ask one of these appropriate responses:

- Good. Fear is important.
- Okay. Your job is to be afraid right now.
- Fascinating. Tell me more?
- Excellent. It's your superpower.
- Okay. Let me know if you need anything from me.
- What's going on, such that you feel afraid?
- Are you in the mood for feeling Fear right now?
- What does it feel like to be afraid?
- Where do you feel it in your body?
- Does it make you feel excited?
- Is it energizing for you?
- Are you willing to feel it, or are you in resistance to it?

Here are several other progressive reframes to consider, try both on out loud, to see the difference:

If you're used to saying to others:	**Change to:**
Don't be afraid	You're supposed to be afraid, this is scary!
There's nothing to be afraid of	This world is a scary place, isn't it?
Don't let Fear control you	Don't let your avoidance of Fear control you
Drop your Fear	Embrace your Fear
Leave your fears behind	Bring your fears with you and they will be helpful
Push through your Fear	Merge with your Fear
Don't feed your Fear	Don't resist your Fear

Copyright 2019, Kristen Ulmer. All Rights Reserved

Fear's going to hold you back	How does this Fear help you?
No need to feel Fear, you'll be fine	With Fear here to help you, you'll be amazing
Fear is NOT necessary	Fear IS necessary
It's not ok that you feel Fear	It's normal and natural that you feel Fear
Nobody else feels afraid	Everyone else is pretending to not be afraid
It's perfectly safe	It's not safe, and that's what makes it memorable
Don't Listen to Fear	Do Listen to Fear, you're dumb without it!
Don't make decisions out of Fear	Do invite Fear into the decision-making process
Choose Love over Fear	Choose to Love Fear
Let it go	Let it be

As for other emotions, go back through the list and replace the word Fear, scary or afraid … with Anger / angry etc. Keep it simple, and just make sure the sentences read right (i.e. The first one: Don't be angry, can be transformed into: You're supposed to be angry, how dare they! Or: There's nothing to be angry about, can be changed to: "The world is an angry place, isn't it?). Try them all on and see how each new sentence --both in the left and in the right category-- feels.

Then do the same with Sadness / sad.

All the while ask yourself, throughout this entire guide; in doing these reframes what do you notice about how the difference sentences make you feel? Which feels kinder to yourself? Which feels easier? Which feels the most freeing?

5. What to Say If Someone is Blaming Their Emotion on You

The second you blame an emotion on another person or a situation, you're out of integrity.

Why?

It works like this. Consider Fear. Let's say someone is instilling terror on you, maybe even holding a knife to your throat. You wouldn't feel terrified if this person weren't doing this action, right?

But try these two sentences on right now:

"You're making me scared" vs. "I feel scared."

Which feels more personally powerful?

Here's the hopeful take away: 'you're making me scared' likely leaves you feeling like a victim. There's no power in that. There's also no ownership. It's like saying: 'you're making me feel, act, react this way. Talk this way. Think this way.' It suggests you're losing control to another person. It outsources your power and integrity.

Copyright 2019, Kristen Ulmer. All Rights Reserved

FYI the definition of Integrity is: soundness of moral character; honesty. The state of being whole, entire, or undiminished.

To keep your integrity then, instead, say: 'I feel scared.' Can you see there's a deeper honesty in that? There's also power in that. And ownership. You will feel undiminished. The Fear came from within you, after all, not from them. It exists within you.

Now, not to say it didn't get inspired and influenced by this person with the knife. But with you owning it, it can become --like we've been discussing-- your superpower. Making you no victim.

Quite simply, this is why saying 'I Feel Afraid' can feel so powerful. Same with "I Feel Angry" or "I Feel Sad."

Conversely, 'You are making me angry', or 'You are making me sad' or any sentence that begins with the word "You" instead of "I," does not offer you that powerful ownership. It makes you a victim.

Encourage the people in your life then, to also own their power: You can do this by saying, when faced with their intense emotion:

- I am not the reason for your Fear
- I am not the reason for your Anger
- I am not the reason for your Sadness

Now, saying this may upset them, especially if they're in victim mentality. If they get upset in return then, a simple follow up might be in order: "I know I'm contributing to your emotional state right now, but there's something else going on here that has nothing to do with me." This sentence can go a long way toward placating that victim mentality and that upset.

In final, also remember in your own life; if someone or an incident inspires emotion in you**, nobody and nothing is to blame for it or how it's showing up for you, ever.** Your emotion is 100% your responsibility. Which is why ownership -- "I" -- language is so important, so you can always have integrity when you're feeling or expressing your own strong emotions.

6. If They're Available for It, How to Assist Your Family and Friends

Do we all agree that your job is not to try and make your child, roommate, spouse, employee -or Fear- happy, but to set the stage for them to have the best chance to thrive?

Take time to consider then, what you say to people in your life, so they can best feel and express their emotions as well. This guide has already covered some of how to accomplish this.

But, taking a giant step further, let's get you and everyone on the same page next, so that Fear and other emotions can be acknowledged collectively as gifts instead of hindrances.

Copyright 2019, Kristen Ulmer. All Rights Reserved

To accomplish this, my simple advice is: give them this guide to study! Or better yet, support me and have them value it more, by insisting they buy it on their own. Then start and encourage a change-your-language practice, together.

You'll not only make magic happen without your tribe, but that magic will then spread in a faster way throughout our entire culture.

7. What to Teach Your Children So They Grow Up to be Emotionally Healthy Adults

Here's an article I wrote, that elaborates on more on Fear-Shaming.

How to Raise Your Kids So They Don't Have a Lot of Fear

I'm a fear specialist who has a modern approach to Fear that you may have never considered before. Namely I see Fear not as an enemy or a hindrance that holds us back, but rather as a friend and asset here to help us come alive and bring our A game to everything we do. I also believe when you're feeling Fear, that's a sign you're stepping out of your comfort zone, and thus you're on the right track toward learning something new. If it's anything but these things for your child, pay attention then, and let's turn this around.

When I work with adults who have a problem with Fear or anxiety, we can always trace it back to: if they learned early on, from a parent, teacher, influencer or society in general, that Fear is a bad thing. The first time your kid says "I'm afraid" if they're met with "there's nothing to be afraid of" or 'don't let Fear hold you back," while well meaning, what this does is suggest to that child that Fear isn't real, which it most certainly is, or that it's something to be ashamed of, which it most certainly is not.

Look, we all feel Fear. It's perfectly normal and natural to feel it. And in fact, it's with us nearly every moment of every day. So, any kind of message you give, that it's not ok to feel Fear, is something I call "Fear-Shaming," and it will be the thing you'll need to address if you want your kid to thrive not despite the inevitability of Fear, but because of the Fear.

If works like this: if you Fear shame them: in order to get your approval, they'll either get really good at avoiding Fear, in which case they don't do scary things- which if course everything is. Or they'll fight Fear, causing them to be at war with themselves. Or they'll learn to ignore Fear, which works temporarily to lesson Fear, but over time it ultimately harms their mental and physical health, relationships, performance and more.

Not only that, it leads to -ironically- excessive or irrational Fear. Maybe you've heard the term: whatever you resist, persists? Or whatever you try to control winds up controlling you? When a child spends their lives trying to control or overcome Fear, that war over time can not only consume their lives, but that

Copyright 2019, Kristen Ulmer. All Rights Reserved

undealt with Fear, now pushed down and stored in their system, starts to recirculate round and round in their bodies and minds, until they're pickled in it.

Ok then, here's what to teach them instead, which is the opposite of Fear Shaming. You ready?

Next time your kid says 'I'm afraid,' your job is to say one of the following things:

Life is a scary experience isn't it?
Or: What does it feel like to be afraid?

Here's an example.
I had a client who took his son to a water park. The boy was afraid to go on the water slide, saying "It's scary!" Prior to learning these simple tricks, the dad would say things like 'It's not scary. Or, 'See, everyone who does it is ok. There's no need to be afraid' which is indeed, Fear Shaming.

Here's what he could have said instead: "yes, the water slide is very scary"- which of course, it is. He could continue with: "the slide is actually designed to be scary- because the Fear is what makes it fun. But, we're not always in the mood for Fear, are we?"

This could be followed next by an inquiry, "are you in the mood for Fear right now?" Now, mind you the child may say, "I'm not in the mood for Fear." In which case the dad can finish with, "ok, let me know if you change your mind."

Taking it a step further, this is also a great opportunity to teach your child how to have an honest relationship with Fear, which is accomplished by helping him feel it, versus thinking about it. We're so in the habit of dealing with emotions intellectually, like they're a math equation that needs to be figured out and solved. Instead, teach your child to deal with his emotions, emotionally, by teaching him how to feel it, which is more effective and will set him up to be an emotionally healthy adult.

You see, Fear isn't in your mind, it's a feeling of discomfort in your body. So, the dad might say: "how does it feel to be scared right now?" or "let's stand here and be scared together." What happens then, by feeling it- all the while not trying to get rid of it in any way- it will actually run its course rather quickly. This has been proven by science- Fear and all the associated cortisol, adrenaline and more is meant to come into, through and out of your system in no more than 10-90 seconds, and then will let go of you. And voila, your child will feel less Fear, and likely be more interested in getting on the water slide.

And that's it. In conclusion, consider the child who seems to be fearless. Actually, that child isn't fearless, what's happening is that child enjoys feeling Fear. This way it doesn't feel like Fear at all but rather excitement or a sense of aliveness. That's what you're aiming for. So, anything you can do to shift your language so that Fear is perceived as a good thing --not something to be fought or let go of, but rather to be felt and savored-- that's how you'll know you're on the right track.

Copyright 2019, Kristen Ulmer. All Rights Reserved

8. Final Tips on How to Stick with This

Disrespectful language toward Fear is hard to shake. Same with Fear-Shaming. We've become SO conditioned to speak about Fear in a derogatory manner (same with other "negative" emotions too), it can become and remain extremely automatic, despite this guide. For some, you do realize saying nice things about Fear is like saying nice things about Hitler?!

Now conversely, people also know truth when they see or feel it. Does all that I've outlined in this guide see and feel like the right thing? Fear after all, is not Hitler. Hitler was an abusive, insecure man instilling his neurosis on others. He's now dead and thankfully gone.

Fear however, is not dead, and it's not abusive or neurotic. We're the ones who are abusive and neurotic toward IT. That's the problem we have with Fear.

Fear is, as you're learning, a normal and natural emotional discomfort that's found in your body, It's a part of your human experience from start to finish, every moment of every day. No one is without Fear. Life is indeed a scary experience, and to be in denial of this is to be in denial of life itself.

How you can support your process to come to terms with this in the most gorgeous of ways is not simply to use this guide then, to make lemonade out of lemons. As if lemons were a bad thing? What if instead, you were to actually see lemons as perfect- and exactly what nature intended.

To support the world, come to this realization then; Fear is exactly perfect. That is how, one by one, we can start acknowledging the truth of what we are, rather than refusing this truth.

Man is the only creature who refuses to be what he is" -Albert Camus

Be truly who you are, with this FINAL LANGUAGE SHIFT: Think of the following as bumper stickers by which to live, moving forward. Find your favorite or come up with one on your own. Write it down and put it in your pocket or post it somewhere meaningful and prominent. Do this to become one with Fear (intimacy!), and thus become one with yourself, and the nature of life.

Copyright 2019, Kristen Ulmer. All Rights Reserved

Your New Bumper Sticker
Choose your favorite!

Pro Fear
Fear is a Superpower
The Best Things in Life Involve Fear
Say Yes to Scary Experiences
Do it BECAUSE of the Fear
I Enjoy Feeling Fear
Fear is a Misunderstood Emotion
Fear is NOT an enemy
Stop Repressing Fear
No More Fear-Shaming!
Fear Excites Me
Fear Makes Me feel Alive
I Fear, Therefore I Am
Fear is an Asset and an Ally
To Feel Fear, is to Feel Alive
Fear Makes Things Spicy
Life Without Fear is a Life Not Worth Living
No Fear = Boring
Give Me Life and Give me Fear
I Love Fear
Scary Experiences Excite Me
Do Something That Scares You, Everyday
I Want More Fear in My Life
Fear IS Real, Stop Denying the Truth
Fear Makes Life Worth It

Can you also make up a favorite bumper sticker about Anger or Sadness?

Here are mine:
Anger leads to Positive Change
Sadness Breaks Open My Heart

Finally, now go forth and prosper. Thank you for taking the time to read, consider and hopefully integrate this guide. I hope you enjoyed reading it, as much as I enjoyed writing it.

Love- Kristen

Copyright 2019, Kristen Ulmer. All Rights Reserved