

# Fast-Aid For 4 Kinds of Fear

People experience 4 types of fear, FREEZE, FIGHT, FLEE and FAINT, in unique ways and different combinations. As you read each list below, notice what happens in your body.


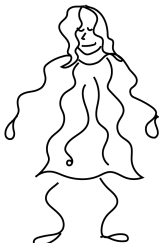
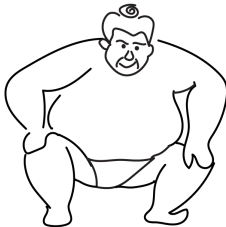

Think of a current stress in your life. Then, circle words that describe your reactions. Feel free to add your own words or phrases. Your circled words point to your unique fear patterns.

| <b>FREEZE</b>  | <b>FIGHT</b>   | <b>FLEE</b>   | <b>FAINT</b>   |
|--|--|---|--|
| ~ Freeze up<br>~ Feel stuck<br>~ Stop engaging<br>~ Can't think<br>~ Can't speak<br>~ Unsure what to do<br>~ Deer in headlights<br>~ Tense, rigid<br>~ Stop breathing<br>~ Hesitate<br>~ Numbed feelings<br>~ Startled<br>~ Alarmed<br>~ Petrified<br>~ Paralyzed<br>~ Terrified | ~ Defensive<br>~ Short-fused<br>~ Guarded<br>~ Rigid attitude<br>~ Pushing back<br>~ Triggered<br>~ Edgy<br>~ Agitated<br>~ Frustrated<br>~ Skeptical<br>~ Blaming<br>~ I'm right<br>~ Judging<br>~ Debating<br>~ Tense<br>~ Yelling | ~ I'm outta here<br>~ Hide<br>~ Distract myself<br>~ Eyes glaze over<br>~ Gotta go<br>~ Avoiding<br>~ Apprehensive<br>~ Try to figure it out<br>~ Get distant<br>~ Nervous<br>~ Worried<br>~ Frantic<br>~ Anxious<br>~ Dreading<br>~ Panic<br>~ Disappear | ~ Huh?<br>~ Out-of-it<br>~ I'm tired<br>~ Unsettled<br>~ Fuzzy, foggy<br>~ Overwhelmed<br>~ Weighed down<br>~ Collapsed<br>~ Shaky<br>~ Feel helpless<br>~ Cold feet<br>~ Fatigue<br>~ Numb<br>~ Exhausted<br>~ In shock<br>~ Burned out |
| Melt with<br><b>WIGGLE</b>   | Melt with<br><b>OOZE</b>   | Melt with<br><b>SUMO</b>  | Melt with<br><b>LOVE SCOOPS</b>  |

Recognizing how fear shows up is the first step to interrupting your fear patterns.  
 To quickly shift from fear into whole body resourcefulness, do FearMelters® for 2 minutes.  
 Learn Fear Melters® on the next page.

# Fear Melters®

We cannot be talked out of fear. Fear is our body’s reaction to perceived or actual threat. Fear is a physiological experience that can only be melted with breath, movement and love. Specific movements empower us to shift from fear to here.

| <b>WIGGLE</b><br>To melt FREEZE   | <b>OOZE</b><br>To melt FIGHT  | <b>SUMO</b><br>To melt FLEE   | <b>LOVE SCOOPS</b><br>To melt FAINT  |
|---|---|---|--|
| <p>Begin to wiggle your fingers and toes</p> <p>Eventually wiggle your hips and shoulders.</p> <p>To unfreeze fully, you will eventually need to wiggle your core at a pace that feels good to you.</p> | <p>Begin to move slowly as if you are warm chocolate oozing off a spoon.</p> <p>Ooze your arms, shoulders, and hips and even your jaw.</p> <p>Slow your words down and change your tone of voice.</p> | <p>Widen your stance, ground your feet firmly into the floor.</p> <p>Bend your knees, and put your hands on your knees as if you are a sumo wrestler.</p> <p>Be a mountain; feel your weight, push down with your feet.</p> <p>Engage and connect with others through your eyes. In your mind, say “I am here, I am present.”</p> | <p>Reach your arms out around you as if you are gathering energy and love towards you.</p> <p>Bring your hands towards you, touching your head, chest, belly or wherever love is needed.</p> <p>Focus on accessing your resources.</p> |
| <p><b>WIGGLE</b></p>   | <p><b>OOZE</b></p>   | <p><b>SUMO</b></p>    | <p><b>LOVE SCOOPS</b></p>   |

**Add breath** to any Fear Melter® by focusing on lengthening your exhalation.

**Add love** to any Fear Melter® by focusing on someone you know you love.

Let yourself feel love and then surround yourself with that love.

## **Facilitator Notes:**

### **For groups and clients that are comfortable with moving:**

Begin this activity by teaching freeze and wiggle. Anyone can easily experience a freeze and feel a shift by wiggling toes and fingers.

Then, to encourage self-discovery, allow generous time to browse these lists and circle familiar experiences. Invite them to add their own fear reactions to the list. Encourage group sharing about what they are noticing in their bodies. People may be surprised that this wide range of everyday experiences are actually fear reactions.

Get them on their feet as you teach the 4 kinds of fear and fear melters.

Then, in this session or the next you can introduce the concept that each of us has a unique fear signature--your own typical sequence of fear reactions when you feel stressed. For example, some fight then flee, some freeze then faint, etc. This can intrigue people to invent their own Fear Melters® combo.

Recognizing when and how each of us experiences fear daily--and learning the Fear Melters® for typical reactions--enables us to get out of reptilian fear brain and into our evolved brain where we can respond and create new choices.

A fun way to experience 2 minutes of easily melting fear is to play music that encourages movement.

### **For groups that are seated or not used to moving:**

This sheet can be used as a starting point to introduce Fear Melters® to a non-movement oriented group.

Sharing this sheet while people are sitting gives them a bridge towards movement. Once they recognize they feel scared they will more likely respond to your invitation to get up and move.

Some people may say "I don't feel fear." That's OK. Insight follows experience. Invite them to look at the lists anyway and notice what feels familiar, even if it doesn't seem like fear to them.

After they have circled their experiences, invite them to share what was interesting to them, anything that surprised them, or any they added to the list.

Then you can get them on their feet and teach Fear Melters®.

A fun way to experience 2 minutes of easily melting fear is to play music that encourages movement.