

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.


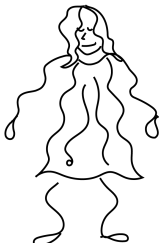
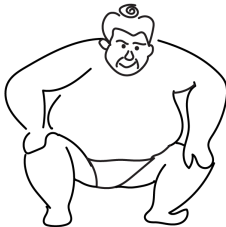

Think of a current stress in your life. Then, circle words that describe your reactions. Feel free to add your own words or phrases. Your circled words point to your unique fear patterns.

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

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.

WIGGLE To melt FREEZE	OOZE To melt FIGHT	SUMO To melt FLEE	LOVE SCOOPS 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>WIGGLE</p> 	<p>OOZE</p> 	<p>SUMO</p> 	<p>LOVE SCOOPS</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.