



August 15 – September 14

## Fear and Worry

**This month we're going to be discussing:**

- What \_\_\_\_\_ and \_\_\_\_\_ are
- How we've been brainwashed into believing we need to \_\_\_\_\_
- What you are \_\_\_\_\_ because of fear and worry
- When fear and worry can be \_\_\_\_\_
- How to translate fear and worry into \_\_\_\_\_

\_\_\_\_\_ vs. \_\_\_\_\_

They are \_\_\_\_\_

**Worry is \_\_\_\_\_**

We try to “pretty up” fear by calling it \_\_\_\_\_. Or  
\_\_\_\_\_. But it comes down to the same emotion.

Describe what happens physically when you feel fear:

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Describe what happens physically when you feel worried or anxious:

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What is fear?

“an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat.” (Google)

“**Fear**, alarm, dread all imply a painful emotion experienced when one is confronted by threatening danger or evil. Alarm implies an agitation of the feelings caused by awakening to imminent danger; it names a feeling of fright or panic.” (Dictionary.com)

In a more existential sense, FEAR is an imaginary belief that you are not \_\_\_\_\_, or you will not be \_\_\_\_\_, because of \_\_\_\_\_.

“The most important decision we make is whether we believe we live in a friendly or hostile universe.”  
-Albert Einstein

#### PART ONE: THE BIG LIE

One of the biggest lies we believe as a culture is the idea that we \_\_\_\_\_

Why is living according to your emotions dangerous?

## PART TWO: GOOD FEAR/BAD FEAR

Part of our brain that is involved in the creation and processing of fear is the \_\_\_\_\_ or \_\_\_\_\_ center called the \_\_\_\_\_, or \_\_\_\_\_.

It operates entirely on \_\_\_\_\_ and \_\_\_\_\_.

The limbic system isn't \_\_\_\_\_.

So, while fear can help keep us safe, it can also keep us from tackling experiences and situations that are \_\_\_\_\_.

## PART THREE: THE PRICE TAG OF FEAR

Fear and worry are \_\_\_\_\_.

That means energy you spend on \_\_\_\_\_ is energy that is not available for \_\_\_\_\_.

When you allow fear to dictate your life:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PART FOUR: MY STORY, OR, YOU ARE SMARTER THAN A LIZARD

The lizard brain tries to \_\_\_\_\_ us by sounding \_\_\_\_\_ and \_\_\_\_\_.

Your examples:

But over time, it starts sounding \_\_\_\_\_.

Lain calls this voice the \_\_\_\_\_.

## PART FIVE: HABITS AND RITUALS

No matter how brave you get, you will still feel \_\_\_\_\_.

1. R\_\_\_\_\_. Stop seeing \_\_\_\_\_

**Fear is my friend.**

2. E\_\_\_\_\_. Is this \_\_\_\_\_

3. A\_\_\_\_\_. Figure out how \_\_\_\_\_

4. M\_\_\_\_\_. Make the feared outcome \_\_\_\_\_

5. P \_\_\_\_\_ . What can you do to \_\_\_\_\_

6. R \_\_\_\_\_ . Review \_\_\_\_\_.

7. C \_\_\_\_\_. Make a pact with yourself to \_\_\_\_\_

*Life is either a daring adventure  
or nothing at all.*

*Helen Keller*

#### PART SIX: CONCLUSION

It takes a \_\_\_\_\_, a \_\_\_\_\_, and \_\_\_\_\_.

# FAQs

**I love your process for dealing with specific worries. But I seem to be worried about everything, ALL THE TIME. I can't go through the six steps for everything!**

**Everything I worry about is in the past. I worry that I said something stupid in a work meeting, or that a friend won't forgive me for not helping her with a project she was working on, or that I made the wrong decision about my relationship. How do I deal with fear of the past?**

**I get it – worry and fear are the same thing. But I've always been a worrier! What can I do?**

# Resources

Feel the Fear and Do It Anyway by Susan Jeffers  
[www.lainloves.com/feelthefear](http://www.lainloves.com/feelthefear)

The Gifts of Imperfection by Brene Brown  
<http://amzn.to/1Mx7zXn>

What Fear Can Teach Us:



Karen Thompson Walker:  
**What fear can teach us**

TEDGlobal 2012 · 11:30 · Filmed Jun 2012  
Subtitles available in 28 languages

[View interactive transcript](#)

A video thumbnail for Karen Thompson Walker's TED talk. It features a woman with long brown hair, wearing a white top and a dark cardigan, standing on a stage with a red background. A large white play button icon is overlaid on the video frame.

Smash Fear, Do Anything:



Tim Ferriss:  
**Smash fear, learn anything**

EG 2008 · 16:25 · Filmed Dec 2008  
Subtitles available in 24 languages

[View interactive transcript](#)

A video thumbnail for Tim Ferriss's TEDx talk. It features a man with short hair, wearing a teal zip-up hoodie, standing on a stage and gesturing with his hands. A large white play button icon is overlaid on the video frame.

# Homework

What is one thing you would do if you had no fear?

What is it costing you to keep from tackling this thing?

Can you imagine taking one small step towards that goal? What would the smallest of small steps look like?

If you are a worrier, what is the payoff for worrying? What are you getting from it?

What are five tough things you've done in your life so far?