

20 Fears That Control Your Life

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FORMAT: In pairs for 50 minutes

PURPOSE: Get the information which 20 Fears control your life right now, and the decisions that you have made to not feel them.

SETUP: Groups of 2, facing each other

BACKGROUND CONTEXT:

We are trained in modern culture that fear is our enemy so we put into a space where it becomes less and less accessible for us. We move away from fear. Over the years, we have gathered many things that we are afraid of - but we might have forgotten that we are afraid of them. For example: fear of physical pain, fear of going to school, fear of one of your parents coming home, fear of your mother getting scared, fear of your siblings having fun without you, fear of taking a test, etc...

We simply made little but powerful decisions to avoid the fear and therefore avoid the things that make us afraid. For example, you might have decided to be bad at school so that no one would expect you to have good grades. You did not have to feel fear before an exam because you already decided to fail.

By now, it happens automatically, under our awareness. How many opportunities have we lost because our unconscious fear told us to move away from these little things?

The purpose of this process is to change direction and use your fear to find at least 20 things that you are afraid of and the decisions that you have made to avoid them that are controlling your life. When you become aware of these fears and your decisions, you get a choice about keeping them or changing your mind about them. Before then, you had no choice.

INTRODUCTION: The experiment is for you to become aware which fears are running in your background and controlling your life. It could be that they are well hidden and are not so easy to detect. The layers of fear will unfold like a spiral, getting deeper into your own controlling structure. It can be quite emotional as these fears are emotional fears and opportunities for EHP.

PROCEDURE: around 20min/client

- Decide who is the Coach and who is the Client
- Coach invite the Client to get ready for the experiment
 - Centering, Grounding, Bubble of Space



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- Lowering the Numbness Bar for Fear
- Take 3 deep breaths into the belly to start feeling fear in the system
- It might help you to go back into the past and sense into what scared you back then, these things are still scaring you now, but you have a stronger numbness bar

Step 1

- Coach ask the Client: "Please name 10 things that you were - and are still afraid of - and what are the fears about."
 - Write down the things and the fears of the Client
 - Coach: after every fear repeat what you have heard from the Client, and then ask the Client "What decision have you made to avoid feeling that fear? How do you arrange in your life to not feel that fear?"
 - Do this procedure for each fear.
- After 10 fears from the Client the Coach asks the Client to take a deep breath, relax and take a pause for 30 seconds.

Step 2

- Coach invite the Client to lower the numbness bar 10% more than at the previous step
- Coach invite the Client to go deeper into the unknown territory of fear
- Coach ask the Client "Please name 6 deeper Fears that control your life"
 - Write down the fear the Client mentions
 - Coach: after every fear repeat what you have heard from the Client, and then ask the Client "What decision have you made to avoid feeling that fear? How do you arrange in your life to not feel that fear?"
 - Do this procedure for each fear.
- After 6 deeper fears from the Client the Coach asks the Client to take a deep breath, relax and take a pause for 60 seconds.

Step 3

- Coach invite the Client to lower the numbness bar 5% more than at the previous step
- Coach invite the Client to go deeper into the unknown territory of fear
- Coach ask the Client "Please name 4 deepest Fears that control your life"
 - Coach: write down the fear the Client mentions
 - Coach: after every fear repeat what you have heard from the Client, and then ask the Client "What decision have you made to avoid feeling that fear? How do you arrange in your life to not feel that fear?"
 - Do this procedure for each fear.
- After 4 deepest fears from the Client the Coach asks the Client to take a deep breath, relax and take a pause for 60 seconds.
- Coach: scan the Client and give time for integration between 30 seconds and 2 minutes.
- Change Roles

Optional Step 4

- Coach: ask Client “What experiment could you do to change one or two of the decisions that you have discovered today?” Coach support the Client distill their own experiments to do in the following week.

COMPLETION AND WRAP UP:

Hand over the written list of 20 Fears to each other. How did it feel to step down the ladder into deeper and deeper fears? What surprises you when you have a look at your list?