

Fear Detox

| <i>Fear</i> | <i>Source</i> | <i>Played Out</i> | <i>Cost</i> |
|--|----------------------------------|---|--|
| FEAR OF FAILURE | Lack of acceptance | Over achiever deep desire for approval. Over worked, over stressed, often avoiding social situations to get ahead and feel approval from achievements and public recognition. | Alienated, unloved and unsupported. |
| FEAR OF UNKNOWN | Uncertainty / Lack of control | Often over compensate to control outcome and prevent surprises Prevents people from trying something different. They often worry will make wrong move so they stay in unhealthy or unhappy situations. | Become stale, unmotivated, and guilt ridden. |
| FEAR OF NOT HAVING ENOUGH | Lack of power/ inadequate | Play it safe. Don't take risks in order to control environment and outcome. Over compensation, hoarding, addiction spending a lot of money or saving a lot. Sometimes sneaky behavior, believe not enough to go around. | Guilt conscious, feel unsupported and lack of trust. |
| FEAR OF CHANGE | Lack of trust | Resist change, hold on to past, afraid to let go, not trusting, can become stagnant and they may miss out on a lot of really good opportunities in life, avoid going after dreams. | Stagnate, lack of growth, bored with life, unforgiving. |
| FEAR OF SHAME/JUDGMENT | Lack of self-love | Often avoid expressing opinions, go against personal desires, protecting image to extremes, over compensates in social situations, reputation management, avoid expressing self, always feels attacked and judged. | Feel alone, alienated, not respected and unappreciated. |
| FEAR OF INTIMACY/ LOSS OF FREEDOM | Lack of Self-Expression | Independent to extremes, spend a lot of time alone, desire to proving self to others through expressing self. | Lonely, hold on to past hurts, feeling something is inherently wrong |
| FEAR OF BEING ALONE | Lack of support / not protected | Often feel lonely in relationships and suffer greatly because they avoid expressing their true self. Sometimes they stay in bad relationships or resist living alone due to their fear of loneliness. | Settling, unhappy, lonely, built up resentment. |
| FEAR OF REJECTION | Lack of acceptance | Say yes all the time. Settle in situations to avoid rejection, don't go after what they really want to manage outcome. Don't say no or honor their own needs, afraid of asking for what they want, often things stay the same and they are miserable. | Feel isolated, alone and unloved. |
| FEAR OF DYING/ LOSING THOSE WE CARE ABOUT | Not being present/afraid to live | Cling to the past, don't always express feelings, afraid to get hurt, focused on lack and worrying about the future not present. Not able to fully allow life in. | Regret, denial, self hate. |
| FEAR OF INADEQUACY | Lack of acceptance | Perfectionist, often avoid being vulnerable and expressing real self. Plagued by thoughts that they just don't measure up to other people. Always comparing. Extreme self sabotage. | Self-Pity, guilt ridden, insecure. |

Fear Fix

Fear

Motivational Mantra

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| FEAR OF FAILURE | For today I have done enough. I allow myself to just be. |
| FEAR OF UNKNOWN | I trust the universe has a plan greater than mine. I welcome new opportunities for growth. |
| FEAR OF NOT HAVING ENOUGH | Abundance is my natural wellbeing there is plenty to go around. |
| FEAR OF CHANGE | I embrace the new chapter of my life. I trust that my future self is gracefully guiding me. |
| FEAR OF SHAME/JUDGMENT | I choose to honor my unique self with a more loving perspective. |
| FEAR OF INTIMACY/ LOSING SELF/ LOSS OF FREEDOM | I am willing to accept the wholeness of myself, I express my authentic truth with love. |
| FEAR OF BEING ALONE | If I want others to love me for me I must love myself first. I am my own best friend. |
| FEAR OF REJECTION | It is safe to be me. |
| FEAR OF DYING/ LOSING THOSE WE CARE ABOUT | I allow myself to fully feel this moment. I welcome life in. |
| FEAR OF INADEQUACY | I belong and fit the world just as I am. |

Top 5 Self-Sabotaging Habits

Fear

Comparison

Should all over ourselves

Focus on what we don't want

Mistake hangovers