



Sacred Depths

COACH CERTIFICATION

Sacred Depths Process for Befriending Your Fears

Overview of the 6-Step Befriending Your Fears Process

Step 1: Help Client Become Aware of their Fears

The more you can help clients become clear on what their fears are and how these fears play out in their life, then the more you bring those fears out of the client's blind spot – where they are most likely to sabotage – and bring them into the light.

Step 2: Support Client to Understand their Fears

The next step is Understanding Fears. Understanding Fears means helping clients see how their fears work in their life, and how they react to them.

Step 3: Lead Clients to Dialogue with their Fear

Step 3 is Dialoguing with Your Fears. Through Dialoguing with Your Fears, clients will learn a lot more about how their fears work within them, and move them even further out of their blind spot. Even more important, by dialoguing with your fears, you're going to learn how your fears have been serving you. Yup, it's true – your fears have actually been serving you and doing something for you. You're a smart person; you wouldn't be holding onto something like fear so tightly if it wasn't serving you. So if you find yourself holding on to a persistent fear, chances are it's serving you in some way.

Dialoguing with Your Fears is also the part of the process where the deeper level of Befriending happens. When you're willing to dialogue and engage with . . . and maybe even HONOR and LOVE your fears . . . instead of hate on, reject, fight against your fears . . . that's when the fears can actually start to diminish.

Because they don't need to be like the man fighting against the wind to keep his hat on. They can relax a little because they know they're not being ignored or hated. They know they'll get the loving attention they deserve so they no longer need to be so in your face.

Step 4: Connect to Spirit, Trust and Love

In order to fully move through fear, it's important to partner that fear with trust and love. The trust can be trust in yourself, spirit, the universe, whatever works for you. In order to really be able to believe in your heart that you can walk a different path, that you can have what you want, it's important that there's trust. And even more important than trust, it's important that there's love of self.

Step 5: CHOOSING to Walk a Different Path

Once you've become aware of your fear, with full awareness and understanding of how this fear works and why it's there, and how it's served you, then you're Step 5 of the process, which is that you're free to choose to walk a different path.

Until reaching this 5th step, you haven't really had an opportunity to choose to let the fear go, because you hadn't embraced it. Why? Because when you're not aware of your Fear, you literally ARE your fear; you're not separate from it. It's in your blind spot because you aren't aware of it and you can't see yourself as separate from it.

Step 6: Committing, and Re-committing and Re-Committing to the New Path

Remember the difference between a breakthrough and a transformation. Steps 1-5 are really about the breakthroughs and new awarenesses, and a little bit of the transformation. But the transformation comes when you can consistently and persistently apply the awarenesses. Here is a quote from John Assaraf: "When you're interested in something, you'll do what's convenient. When you're committed to something, you'll do whatever it takes."

Top 11 Underlying Fears

Here are the Top 11 Underlying Fears that often come up for individuals who are up leveling their lives. I developed this content after . . . pretty much seeing it all!!! This isn't a totally exhaustive list, but you'll see that pretty much any surface or symptom fear can fall into one of these categories. It's really helpful to have these on hand for yourself as you work with clients because you can help them make connections and see how their actions are related to fears (because sometimes a client won't get at first that a sabotaging action is related to a fear).

Fear #1: Fear of Failure

It can sound like, "I am simply not going to be able to make 'this' happen." "I'm going to fail." And failure in one task is somehow equated with failure as a human being. Like their value and worth is predicated on NOT failing.

Fear #2: Fear of Not Being Good Enough

It can say: "You're not smart enough, savvy enough." "That design isn't good enough." "That coaching session wasn't good enough." This fear can come up around ANYTHING not being good "enough". We each have this fear inside ourselves, of not being "enough".

Fear #3: Fear of Not Knowing How to Do Something or Not Knowing How Something Will Work Out

For example, the Fear of Not Knowing How to market yourself, or the Fear of Not Knowing How to talk to a prospect. And of course you want to know how to do something – but this fear is running the show if you're letting the Fear of Not Knowing How to Do Something stop you in your tracks.

This can also be called the Fear of the Mystery . . . which is actually very related to the Fear of Death itself.

Fear #4: Fear of Success

This, at first, might sound funny, but I want you to check this out for yourself: Do you have any preconceived negative notions of what it means to be successful? Any judgment around what kind of people successful people are, and what they had to do to get there?

Fear #5: Fear of Being Seen and Being Visible

As you step into bigger spaces and leadership places for yourself, naturally you are going to become more seen and more visible. And, perhaps while there's a part of you that really longs to be seen and that really needs to be seen, there's also a part of you that's terrified of visibility. You're terrified that then you'll be much more open to criticism, that you'll have to stand up for your values and your work and your sacred message. Or, perhaps you're scared that if you're seen, you'll look TOO big, and others might think "who does she think she is?!"

Fear #6: Fear of Not Deserving What You Want

This fear can sound something like: "I just don't deserve to have a great relationship or to have a thriving business or to get my book published."

Fear #7: Fear of Losing Connection with Self or Loved Ones

This one may not be obvious right away: Do you have any fear that if you go after or achieve what you want, you'll become so busy, that you'll get carried away by the work or the fame or get lost in the work, and therefore you won't have the time or you won't be connected with yourself or people you love any more. Or somehow you'll "lose" your true self . . . or outgrow a loved one?

Fear #8: Fear of Surpassing Loved Ones

This fear revolves around a parent or parental figure, a sibling, a mentor, a friend or an employer who you feel so incredibly loyal to, that there's a part of you that fears if you go after what you want, you'll achieve more than they have and thereby defy or break an unspoken code or rule between the two of you. So instead, you hold yourself back so that you don't get more successful than them.

Fear #9: Fear of Having Money or Fear of Not Having Money

Fear #10 and **Fear #11** often times go together: They are the **(10) Fear of Getting Hurt** and the **(11) Fear of Not Being Liked** and **Fear of Having Others Get Angry at You.**

These two can sound like, “If I put myself out there and really ask for the rates I want to, people will laugh at me and that will really hurt my feelings.” And, “If I do this people won’t like me, or they’re going to reject me; they won’t like my services, etc.”

Assignment: Tracking Your Fears Chart (Support for Steps 1 & 2)

Tracking your fears for a week will help you get even more aware and connected to what fears are holding you back from achieving what you want (which in turn will lead to more ease in moving past your fears!). Make time this week to track your fears closely.

TYPE OF FEAR:	DATE FEAR CAME UP:	TIME FEAR CAME UP:	HOW FEAR WAS MANIFESTED:	OTHER RELEVANT INFO.: