

## Fear Dialogue Template: Rewriting Your Relationship With Fear

YOU ASK	YOU ANSWER
What is my fear trying to protect me from?	
What is the worst that could happen if that outcome actually happened?	
Could you get over this? If so, how long would it take?	
Good; so it didn't kill you, even in your worst-case scenario, did it?	
What messages from family, teachers, editors, classmates and/or colleagues are tied to this fear?	
Do I believe in these messages and want to continue to invest in these messages?	
If not, what do I choose to believe instead?	
What old stories and beliefs need to be retired to make way for success?	
How will I manage my discomfort as I change my relationship with these patterns and start deprogramming fear from my nervous system?	