

Overcoming F.E.A.R.

Part 1: Identify Your Barriers

Name:

Age:

Gender:

Occupation:

Contact information:

Your GOAL:

F.E.A.R. stands for the barriers that commonly stop us from reaching our goals:

- F: Fusion (Getting caught up in negative thoughts)
- E: Excessive Goals (Setting unrealistic or overwhelming goals)
- A: Avoidance of Discomfort (Unwilling to endure challenges)
- R: Remoteness from Values (Losing touch with what's meaningful)

Instructions:

1. Write down everything that has stopped you from following through on your goal:

1.

2.

3.

4.

2. Label each answer with one or two letters: F, E, A, or R – whichever best describes the barrier.

The antidote to F.E.A.R. is D.A.R.E.

- D: Defusion
- A: Acceptance of Discomfort
- R: Realistic Goals
- E: Embracing Values

Work out how you can deal with each barrier using D.A.R.E. We'll cover strategies in Part 2.

Overcoming F.E.A.R. – Part 2: Apply Strategies to Overcome Barriers

Defusion Strategies:

- Name the story or thought.
- Acknowledge it as just a thought (e.g., "This is fear talking").
- Visualize it as a passing car or radio noise in the background.

Acceptance Strategies:

- Observe the feeling like a scientist.
- Rate it on a scale of 1 to 10.
- Visualize it with a shape and color, breathe into it.

Realistic Goal-Setting:

- Break big goals into small chunks.
- Brainstorm ways to gather resources.
- Set alternative, attainable goals if necessary.

Embracing Values:

- Align goals with your core values.
- Ask if the goal is truly meaningful and life-enhancing.

Instructions:

For each barrier listed in Part 1, write down how you can respond using the strategies above:

Reflection:

Ask yourself:

- Am I willing to accept discomfort to do what matters?
- Does this truly matter to me?
- What is the cost of avoiding or delaying this?
- Which pain do I choose: the stuck pain or the growth pain?

If you're ready, take the first step and give it a go. If not, revisit your values, barriers, and strategies.

Next step: