# Overcoming F.E.A.R. – 2

Defusion strategies: name the story, thank your mind, acknowledge 'Here's reason-giving' or 'Here's judging', name the demon/monster/passenger, recognize this is Radio Doom & Gloom broadcasting, or simply let the thoughts come and go like passing cars.

Acceptance strategies: name the feeling, observe it like a curious scientist, rate it on a scale of 1 to 10, commit to allowing it, breathe into it, make room for it, give it a shape and color,

Realistic goal-setting: if you lack skills, set goals around learning them; if your goal is too big, break it down into small chunks; if you lack resources, brainstorm how you can get them; if the goal is truly impossible, e.g. due to health or financial issues, or external barriers over which you have no direct influence, then set a different one.

Embracing values: connect with what matters to you about this goal. Is it truly meaningful? Is it aligned with your values? Is it truly important? Is it moving your life forward in the direction you wish to go?

Using these ideas (and others of your own, or of your therapist/coach), write down how you can respond to the barriers you listed above.


1)


2)


3)


4)


5)


6)


7)


8)

Finally, ask yourself this question: am I willing to make room for the difficult thoughts and feelings that show up, without getting caught up in them or struggling with them, and take effective action, in order to do what matters, deep in my heart?

If so: go ahead and give it a go.

If not, consider these questions:
Does this really and truly matter to you?
If it does, then what is the cost to you of avoiding it or putting it off?
Would you rather have the vitality-draining pain of staying stuck, or the life-enhancing pain of moving forward?

## The Willingness and Action Plan

My goal is to (be specific):

The values underlying my goal are:

The actions I will take to achieve that goal are (be specific):

The thoughts/memories, feelings, sensations, urges I'm willing to make room for (in order to achieve this goal):-

   • Thoughts/memories:

   • Feelings:

   • Sensations:

   • Urges:

   • It would be useful to remind myself that:

   • If necessary, I can break this goal down into smaller steps, such as: