

Ritual: The Fear Dialogue

This ritual transforms your relationship with fear from adversary to ally.

The Fear Dialogue

1. **Find a quiet space.** Place your hand on the part of your body where fear lives most strongly.
2. **Greet your fear.** Say aloud: “Hello, Fear. I see you.”
3. **Ask it questions:**
 - “What are you trying to protect me from?”
 - “How long have you been here?”
 - “What do you need from me?”
4. **Listen.** Write down anything that arises—images, memories, sensations.
5. **Thank it.** Say: “Thank you for protecting me. I am taking it from here.”

“I honor your vigilance. I release your grip. We walk forward together.”

Date of Dialogue:

