
Day 17: Dialogue with Your Fear

Today's Focus: Understand the protective intention behind avoidance

Time Commitment: 20 minutes

Core Exercise: Fear Dialogue

Morning Check-in (2 minutes)

Daily Questions:

- What am I avoiding today and what fear is driving it?
- What is one small step I can take toward a feared task?
- How can I show yourself compassion around this challenge?

Anxiety toolkit check:

Which tool from yesterday did you try? _____

How effective was it? _____

Understanding Fear as a Protector (3 minutes)

Your avoidance isn't trying to sabotage you - it's trying to protect you from perceived danger. When we understand what our fear is trying to protect us from, we can negotiate with it more effectively.

Your Fear's Protective Role

My avoidance/fear is trying to protect me from:

Circle all that apply:

- Embarrassment/shame
- Rejection/criticism
- Feeling incompetent

- Being overwhelmed
 - Making mistakes
 - Disappointing others
 - Loss of control
 - Uncertainty/unknown
 - Physical/emotional pain
- Other: _____

The protection I value most: _____

Main Exercise: Fear Dialogue (12 minutes)

Step 1: Set Up the Conversation (2 minutes)

Imagine your fear/avoidance as a separate entity - perhaps a worried parent, an overprotective friend, or a security guard. Give it a name or image.

My fear's name/image: _____

It looks/sounds like: _____

Its job has been: _____

Step 2: The Dialogue (8 minutes)

Write a conversation between you and your fear. Use "Fear:" and "Me:" to distinguish voices.

Me: Thank you for trying to protect me all these years. I want to understand what you're worried about. What are you trying to keep me safe from?

Fear: _____

Me: I can see why you'd be concerned about that. When did you first start trying to protect me from this?

Fear: _____

Me: That makes sense. You've been working so hard to keep me safe. But I've been wondering - what has this protection cost me?

Fear: _____

Me: I appreciate everything you've done, but I'm wondering if we could work together differently. What would you need to feel okay about me taking more risks?

Fear: _____

Me: What if we made an agreement? I promise to _____, and you promise to let me _____?

Fear: _____

Me: _____

Step 3: Negotiation and Agreement (2 minutes)

Based on your dialogue, what agreement can you make with your fear?

I will honor my fear by:

(Examples: Going slowly, preparing well, getting support, having backup plans)

My fear will support me by:

(Examples: Sending warnings instead of panic, allowing small experiments, trusting my judgment)

Our new partnership agreement:

Value-Based Motivation Connection (2 minutes)

Purpose: Connect feared tasks to meaningful values

Choose a current avoided task: _____

How does completing this task connect to my core values?

- Growth: _____
- Relationships: _____
- Contribution: _____
- Authenticity: _____
- Achievement: _____

When I complete this task, I become more _____

Fear Partnership Test (1 minute)

Using your new agreement with fear, choose one small action:

Small step I'll take today: _____

How I'll honor my fear's concerns: _____

When I'll do it: ____:____

Take the action now if possible

How did the partnership approach feel? _____

Tomorrow's Preparation

Tomorrow we'll analyze your successful fear-facing experiences to extract learnings about your capabilities.

Fear Partnership Thought:

"My fear and I can work together. It can warn me without controlling me."
