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SELF KNOWLEDGE IS POWER AND FEAR IS A SNEAKY BASTARD!

- 1 What was your family's culture around fear? Did your parents view the world as a safe and benevolent place or as scary and dangerous place?
- 2 Are either of your parents/caregivers worriers? Are you?
- 3 Was fear used to control you, in your childhood? *(For example, if you don't do well in school, you won't be successful. Or, if you go out with a wet head, you will catch pneumonia.)*
- 4 What were some of your childhood fears? *(I am referring to fears such as being afraid of the dark, being left out at school, or being unpopular.)*

5 Were your parents aware of and working on their own fears? Were they in therapy or using self-help books? Or were they in denial about their own fears?

6 Looking back, what were some of the fears you remember your parents talking/fighting about openly?

7 Did either of your parents/caregivers suffer in relationship to their own fear mind? (Ex: anxiety, depression, phobias, addiction etc.) If yes, did they seek help?

8 Did your parents project their fears onto you? Name 3 ways below.

9 When you are feeling afraid, where in your body does that show up? In your stomach, chest, a racing heart, a lump in your throat?

10 What are the top 3 unhealthy ways you act out your fears? (It can be with substances, working out, tech obsession or work to numb feelings etc.)

11 What are the areas of your life where fear is blocking you most?

12 How willing are you to change your relationship to fear?

Please give yourself the gift of uninterrupted time, in a peaceful place, to answer these questions. What did you discover about your relationship to fear?

Now that you have a clear vision of how your relationship to fear came to be, it's time to decide how **YOU** want it to be.

Up Next: [Creating Your Custom Blueprint to Freedom](#)

Hello, Freedom!