Fast-Aid For 4 Kinds of Fear

People experience 4 types of fear, FIGHT, FLEE, FREEZE and FAINT, in unique ways and different combinations. As you read each list below, notice what happens in your body.

Think of a current stress in your life. Then, circle words that describe your reactions. Feel free to add your own words or phrases. Your circled words point to your unique fear patterns.

FIGHT	FLEE	FREEZE	FAINT
~ Defensive	~ I'm outta here	~ Freeze up	~ Huh?
~ Short-fused	~ Hide	~ Feel stuck	~ Out-of-it
~ Guarded	~ Distract myself	~ Stop engaging	~ I'm tired
~ Rigid attitude	~ Eyes glaze over	~ Can't think	~ Unsettled
~ Pushing back	~ Gotta go	~ Can't speak	~ Fuzzy, foggy
~ Triggered	~ Avoiding	~ Still	~ Overwhelmed
~ Edgy	~ Pull back	~ Unsure what to do	~ Weighed down
~ Agitated	~ Apprehensive	~ Deer in headlights	~ Collapsed
~ Frustrated	~ Try to figure it out	~ Tense up	~ Shaky
~ Skeptical	~ Get distant	~ Cringe, Flinch	~ Drained
~ Critical	~ Nervous	~ Stop breathing	~ Feel helpless
~ Blaming	~ Worried	~ Hesitate	~ Cold feet
~ I'm right	~ Frantic	~ Startled	~ Fatigue
~ Judging	~ Anxious	~ Alarmed	~ Numb
~ Debating	~ Dreading	~ Petrified	~ Exhausted
~ Intense	~ Panic	~ Paralyzed	~ In shock
~ Yelling	~ Disappear	~ Terrified	~ Burned out
Melt with **OOZE**	Melt with **ROOT**	Melt with **WIGGLE**	Melt with **LOVE SCOOPS**

Recognizing how fear shows up is the first step to interrupting your fear patterns.
To quickly shift from fear into whole body resourcefulness, do FearMelters® for 2 minutes.
Learn Fear Melters® on the next page.

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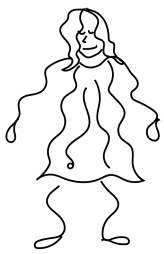
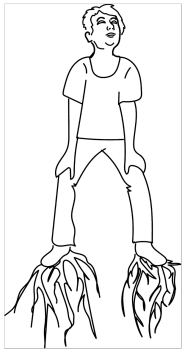
Fear Melters®

We cannot be talked out of fear. Fear is our body's reaction to perceived or actual threat. Fear is a physiological experience that can only be melted with breath, movement and love. Specific movements empower us to shift from fear to here.

OOZE To melt FIGHT	**ROOT** To melt FLEE	**WIGGLE** To melt FREEZE	**LOVE SCOOPS** To melt FAINT
Begin to move slowly as if you are warm chocolate oozing off a spoon. Ooze your arms, shoulders, and hips and even your jaw. Slow your words down and change your tone of voice.	For standing: Widen your stance and bend your knees a little or a lot. Let your toes spread out as you imagine beautiful roots extending from your feet into the nourishment of the earth. Imagine the earth's energy infusing you with aliveness here and now.	Begin to wiggle your fingers and toes Eventually wiggle your hips and shoulders. To unfreeze fully, you will eventually need to wiggle your core at a pace that feels good to you.	Reach your arms out around you as if you are gathering energy and love towards you. Bring your hands towards you, touching your head, chest, belly or wherever love is needed. Focus on accessing your resources.
OOZE 	**ROOT** 	**WIGGLE** 	**LOVE SCOOPS**

Add breath to any Fear Melter® by focusing on lengthening your exhalation.
Add love to any Fear Melter® by focusing on someone you know you love.
Let yourself feel love and then surround yourself with that love.

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