



Befriend Your Fear

Befriend Your Fear Somatic Embodiment Process Checklist

- **In Conversation (Intellectual Level of Learning and Processing):**
 - Create Awareness for your Client Around the Fear
 - Ask the Client to name this part of themselves
 - Identify How the Fear Shows Up practically in the client's life
 - Identify the Impact of the Fear
 - Ask Permission to go deeper and explore this part of themselves more
- **Embodiment:**
 - Ask client to look around the room and identify where in the room this part of themselves would be sitting, standing, laying down, etc
 - Invite client to move out of their full energy and into the energy of this part of themselves in the room
 - Create space for client to get grounded, to connect with breath, to connect with this energy
 - Speak to the Energy directly, and ask energy:
 - What role do you play in [Client's Name] life?
 - What event or series of events brought you into being?



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- From your highest wisdom, what do you want [Client Name] to know?
- From your highest wisdom, what would you like for [Client Name] to do?
- Ask Client to move into the highest level expression & energy of the part [have them shift their body or where they are located in the room for this]
- Ask client how this energy feels inside of them
- Support client to feel into, be present to, the energy and make a body memory of it
- Direct client thank the part for showing up, for its presence and wisdom
- **In Conversation:**
 - Process What came through the embodiment
 - Ask client what is sticking out them, what are they seeing for themselves
 - Review Action steps, strategize further, possible put dates on action steps