



Befriend Your Fear

Befriend Your Fear Somatic Visualization Process Checklist

- **In Conversation (Intellectual Level of Learning and Processing):**
 - Create Awareness for your Client Around the Fear
 - Identify the Fear
 - 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 the fear more
- **In Somatic Visualization:**
 - Create space for client to get grounded, to connect with breath, to connect with body
 - Ask Client to sense or feel into their body, and where the fear is located or living
 - How does this fear feel in your [insert part of body the fear is located]?
 - Breathe into the Fear. Be with the Fear. Feel the fear in that part of your body. Connect with it.
 - Support client to relate visually to the fear: "Now, just like a detective might, go inside your body to where the fear is living. Use your magnifying glass and your flashlight and look at the fear. See what it looks like. It may show up as an object or a shape or anything else. There are no wrong answers here." (And



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- ask more about visual details of the fear so that client can really connect imaginatively to it)
- Support client to relate other senses to the fear: What does it smell like? Does it feel hot or cold in that area of your body? Can you touch it? What does it feel like? Do you hear anything?
 - Now speak to this fear that lives inside your [insert part of body] directly. And ask it - What role [purpose] do you play in my life?
 - What event or series of events brought you into being?
 - From your highest wisdom, what do you want me to know?
 - From your highest wisdom, what would you like for me to do?
 - Whatever the fear asks the client to do, practitioner ask client: Are you willing to do that? [If answer is no, ask client what they are willing to do?]
 - Work with client to see if the energy wants to move or shift in any way
 - Direct client to thank the fear for showing up, for its presence and wisdom
 - **In Conversation:**
 - Process What came through the visualization
 - Ask client what is sticking out to them, what are they seeing for themselves
 - Review Action steps, strategize further, possibly put dates on action steps