Fear Replacement Therapy

Here is where the magic happens.....



F E A R
R E P L A C E M E N T
T H E R A P Y

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness
That most frightens us.

We ask ourselves
Who am I to be brilliant, gorgeous, talented, fabulous?
Actually, who are you not to be?
You are a child of God.

Your playing small
Does not serve the world.
There's nothing enlightened about shrinking
So that other people won't feel insecure around you.

Marianne Williamson from 'A return to Love'

Welcome to FEAR REPLACEMENT THERAPY!

The place where you get to keep your fears, BUT just wait to see what amazing fears you get to keep- we're swapping the not so good ones for top quality fears!

There is a saying that what we **fear most** is what we bring forth into our lives.
I saw a meme on Facebook that said 'well then I am terrified of Brad Pitt :)

Now, while you may not be a *Brad Pitt* fan, you get the idea.... fear the things you actually REALLY want (a new house, a successful business, new love), by instructing your brain to focus on those *good* 'fears' instead of the fears that are keeping you stuck and small.

Why does this matter?

Because FEAR is a driving force in so many decisions that we make in this world. Each decision we make is through the lens of FEAR or LOVE. So, let's have a little fun.... instead of completely removing your BIGGEST fears, we are about to reframe them.

F E A R R E P L A C E M E N T T H E R A P Y

Often we are so immersed in our stories of fear that we can't even see those stories for what they are and the damage they cause us.

We're about to turn that upsidedown now!

The key thing here, is DO this exercise, set aside time and do it.
Don't just read it. Change happens when we engage in the process.

Ready? Let's go.....
This exercise was inspired by, and adapted from Carolyn Elliott's Book 'Existential Kink' which I highly recommend reading!

Let's commence the exercise.

You need around 10-20 minutes and 2 sheets of **loose** paper

Step 1: Take a your first piece of paper and write out the following statement:

Dear God/ Universe/ Source (whoever you consider a higher power- perhaps your own highest self).

I absolutely, without a doubt KNOW that I do not want (state your desire: 10k months/ 20k months / a successful business)

Because.....

Now, on that same sheet of paper, write out at least 10 statements (preferably MORE, just let them flow) of your BIGGEST FEARS around your ability to make money/ have a succesful business or any topic you want to work through.

F E A R R E P L A C E M E N T T H E R A P Y

For Example:

I have a big fear that I will end up broke
I have a big fear that I will end up homeless
I have a big fear that I will be seen as a fraud
I have a big fear that if I make money I'll then lose it
I have a big fear that others will want my money
I have a big fear that I'll be seen as greedy.

Just keep going until you have run out of BIG FEARS on this topic.

Step 2: When you have completed the list, read it aloud to yourself (OR if you are with someone else, allow them listen to you read it. Then thank them for listening) Notice how you ***feel*** writing these down.

Step 3: Next, write at the end of the list-

Dear God/ Universe/ Source

I now cast these from my mind, body and soul. These were once the things that I feared most, but they are no longer my biggest fears.

And so it is!

Thank you
(sign your name)





Then destroy the paper- tear it up into tiny pieces (or safely burn it) the most important thing is to allow yourself to **witness you *destroying these fears*** so they no longer exist for you.

Step 4: Now take your next sheet of paper, and write on this page:

Dear God/ Universe/Source

I am keen to INSTALL these fears in my subconscious so that these may become manifest into my life with *immediate* effect.

And so it is!

Thank you
(sign your name)

Now write a NEW list, but flipping it from the worst fears into a deeply desired state of being. For example:

I have a BIG FEAR that this business will be hugely successful.
I have a BIG FEAR that I will make so much money and travel the world.
I have a BIG FEAR that my income will continue to grow every month and year.
I have a BIG FEAR that I will be able to buy my family ANYTHING they desire
I have a BIG FEAR that I'll be able to give so much money to charity or even start my own.

You get the idea?
write at least 10 of these new (totally opposite of the first list) fears.
Write as many as will flow out of you.

When you have finished, write the following statement:
Dear God/ Universe/ Source

I choose to live in fear, and I choose these as my biggest fears. I ask that these be installed into my subconscious mind with immediate effect.

And so it is...

Thank you
(Sign your name)

Notice how you feel writing these down. How has your energy shifted?

What else is coming up for you as you mull over these new fears?

STEP 5: Keep this paper nearby. Read it daily. Repeat the exercise as new fears emerge. Take a photo of the page and make it a screen saver, post it on your mirror at home, write these fears on an index card and carry them with you. Recite them daily. Let your subconscious know there are new fears in town and you have every intention to bring them to life!

And so it is...

Drop me an email and tell me how you get on!
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