



MODULE 1:
FEARBUSTER EXERCISES™

**DEFINING AND
BUSTING FEAR**

FEARLESS LIVING
TRAINING PROGRAM
with Rhonda Britten

MODULE 1.1

I Promise

Just repeat after me . . .

I promise to complete each and every Fearbuster Exercise to the best of my ability.

I promise to watch each video and complete the quizzes to test my knowledge and comprehension.

I promise to practice being present as I watch each video or listen to the audios by being in an environment where I will not be disturbed.

I promise that if I get confused or frustrated or lost, I will either watch the video again, listen to the audio recording or ask a question in that modules' forum.

And lastly: I promise not to give up on myself for the next ten weeks.

Signature:

Date:



MODULE 1.1

Fear Journal

1. What does fear mean to you?

2. Where does fear show up in your daily life?

3. What are you most afraid of?

4. Identify the color and shape of fear.

5. Where in your body does fear live and manifest itself?

6. What do you get when you choose fear in your life?

**FEARLESS LIVING®**

MODULE 1.1

Integration Questions

REFLECT: Ask yourself . . .

How could your life change if you fully invested in the Fearless Living Training Program?

REFLECT: Ask yourself . . .

What could get in the way of you fully investing?

REFLECT: Ask yourself . . .

Name three things you are willing to practice (or do) in order to invest more fully?

1.

2.

3.

REFLECT: Ask yourself . . .

If you practiced these three things, how could your life change?



MODULE 1.2

Integration Questions

REFLECT: Ask yourself . . .

Write down the reasons you are taking the Fearless Living Training Program.

REFLECT: Ask yourself . . .

Is there a problem you are trying to solve? If yes, what is it?

REFLECT: Ask yourself . . .

What are some actions you have taken or thoughts you have had when you have wanted to fight?

Have you ever picked a fight with your mate?

Started complaining about anything or everything?

List some of the ways your “fight” response has shown up when you’ve been triggered.



MODULE 1.2

Integration Questions (cont.)

REFLECT: Ask yourself . . .

What are some actions you have taken or thoughts you have had when you have wanted flight?

Have you said no to an event before you knew anything about it?

Left a party early with a made up excuse?

List some of the ways your “flight” response has shown up when you’ve been triggered:

REFLECT: Ask yourself . . .

What are some actions you have taken or thoughts you have had when you have felt frozen?



MODULE 1.2

Integration Questions (cont.)

Have you ever said “I don’t know” to a question because you felt pressured or stupid?

Have you ever been confused and not sure how to answer, or what to do?

List some of the ways your “freeze” response has shown up when you’ve been triggered:

REFLECT: Ask yourself . . .

Write down one insight, awareness, ‘ah-ha’ moment you have had while watching, listening or reading the What is Fear? Video.

How could this insight, awareness, ah-ha moment change your life?

MODULE 1.3

Integration Questions

REFLECT: Ask yourself . . .

What area(s) in your life, in the past, have you had the courage to take risks? What risks did you take?

REFLECT: Ask yourself . . .

Do you feel capable of taking those same risks now? What's changed?

REFLECT: Ask yourself . . .

What area of your life, in the present, are you not actively taking risks? What reason(s) do you use to not take risks in that area?

REFLECT: Ask yourself . . .

If you could take risks when needed, no matter how scary it was, how would your life change?



MODULE 1.4

Integration Questions

REFLECT: Ask yourself . . .

Do you believe the world is for you or against you?

REFLECT: Ask yourself . . .

How does that belief help you or harm you?

REFLECT: Ask yourself . . .

Name three beliefs you have that have stunted your ability to grow.

REFLECT: Ask yourself . . .

Name three beliefs that support you in taking risks and growing.

REFLECT: Ask yourself . . .

If you had to name your filtering system, what name would you give it? In the past, my filtering system was “me against the world.” Now, my filtering system is “bring it on.” Name yours:



MODULE 1.5

Surviving versus Thriving

Surviving looks like:

- | | |
|---|--|
| ☐ Settling | ☐ Holding yourself back from whistling, giggling, or singing |
| ☐ Waiting for the other shoe to drop | ☐ Making excuses |
| ☐ Hiding out from other people | ☐ Not asking for support |
| ☐ Doubting yourself | ☐ Spending money you don't have |
| ☐ Not allowing anyone to really get to know you | ☐ Comparing yourself |
| ☐ Friends are really like enemies | ☐ Unwilling to love first |
| ☐ Waking up dreading next 24 hours | ☐ Blaming your parents or caretakers |
| ☐ Complaining | ☐ Thinking that everyone knows more than you do |
| ☐ Saying yes when you want to say no | ☐ Not speaking when you feel ignored, unimportant, or undervalued |
| ☐ Giving up on yourself | ☐ Waiting for something - anything - to change |
| ☐ Putting your needs last | ☐ Eating foods that aren't good for you |
| ☐ Holding yourself back | ☐ Ashamed of your body |
| ☐ Not speaking up | ☐ Never allowing yourself to cry |
| ☐ Wishing things were different | ☐ Saying things you regret |
| ☐ Calling yourself stupid | ☐ Give your opinions to people who don't ask for it |
| ☐ Not questioning authority | ☐ Hesitate to speak up |
| ☐ Holding a grudge | ☐ See losing as bad |
| ☐ Blaming | ☐ Defend your position no matter what |
| ☐ Being unwilling to rock the boat | ☐ Denying your creativity |
| ☐ Drinking too much | |
| ☐ Doing things because you think you have to, need to, or should | |
| ☐ Hoping someone will take you away from all of this | |
| ☐ Worrying | |



MODULE 1.5

Surviving versus Thriving (cont.)

Thriving looks like:

- | | |
|---|---|
| ☐ Trusting yourself | ☐ Telling yourself you can do it when fear makes you think you can't |
| ☐ Learning something new | ☐ Asking people in your life to help you |
| ☐ Being grateful for your life | ☐ Asking a question in the Comment Section, if you have one |
| ☐ Smiling out of the blue | ☐ Being grateful |
| ☐ Giving up your worry list | ☐ Saying yes to you and what you want |
| ☐ Standing up for what you want in your life | ☐ Sharing with someone you love what you need to feel more loved |
| ☐ Singing without concern for what others think | ☐ Being willing to be wrong |
| ☐ Saying no when you mean no | ☐ Giving time to an organization or event just because you care |
| ☐ Giving yourself a break | ☐ Taking steps toward your vision |
| ☐ Having more compassion for yourself | ☐ Allowing yourself to have a vision |
| ☐ Standing up for yourself | ☐ Claiming your purpose in life |
| ☐ Asking for what you want | ☐ Letting love guide your words |
| ☐ Embracing your feelings | ☐ Wearing your favorite shirt for no reason |
| ☐ Crying when you need to | ☐ Anticipating that everything will work out |
| ☐ Falling in love with no guarantees | ☐ Spending time in nature |
| ☐ Praising yourself for all your efforts | ☐ Doing something just for you and no one else |
| ☐ Dancing down the street | ☐ Inviting yourself to an event you really want to attend |
| ☐ Buying something frivolous for fun, as a gift to yourself | ☐ Forgive yourself |
| ☐ Having someone in your life who you are blessed to call a friend | ☐ Forgive another |
| ☐ Giving up a grudge | ☐ Spend time communing with Spirit |
| ☐ Dancing | |
| ☐ Being somebody's confidante | |
| ☐ Giving up your worry list | |



MODULE 1.5

In the Year to Come

What is possible for you regarding your career?

What is possible for you regarding intimate relationships?

What is possible for you financially?

What is possible for you with regards to health and well-being?

What is possible for you socially/friends?



MODULE 1.5

In the Year to Come (cont.)

What is possible for you with regards to your family relations?

What is possible for you spiritually?

What is possible for you regarding your home/living space?

What is possible for you creatively?

What is possible for you with regards to adventure/play?



MODULE 1.5

Integration Questions

REFLECT: Ask yourself . . .

Name three “surviving” experiences that you would like to release.

Name three “thriving” experiences you would like to embody.

REFLECT: Ask yourself . . .

If you could accomplish one dream/goal/desire in your life, only one, what would it be?

REFLECT: Ask yourself . . .

Name three things you would have to do, or change, in order to accomplish your one dream/goal/desire?

REFLECT: Ask yourself . . .

Who would you have to become to accomplish your one dream/goal/desire?

