



TURNING DOWN THE VOLUME ON FEAR

*A Practical Guide to Reducing Fear in Your Life
and Replacing It with Something More Authentic to You*

Fear isn't who you are—it's something that's been influenced by external circumstances, past experiences, and messages you've absorbed over time. Living in fear is exhausting, and you deserve to reclaim the driver's seat of your life.

This guide will help you identify your fears, assess them realistically, and—most importantly—reconnect with your authentic self. Because when fear steps aside, you get to choose who takes the wheel.

STEP 1: Identify Your Fears

Before we can turn down the volume on fear, we need to know what we're working with. This step is about awareness—noticing what triggers fear in your life right now.

JOURNAL PROMPT:

Without overthinking, name the top 3 things that trigger fear within you most often at this time in your life:

1. _____
2. _____
3. _____

■ BODY CHECK:

As you write these down, notice how fear shows up in your body. Do you feel:

- A knot in your stomach?
- Your heart racing?
- A lump in your throat?
- Tension in your shoulders or jaw?

Recognizing these physical signals helps you catch fear in real-time, before it takes over.

STEP 2: The Fear Assessment Flowchart

Now that you've identified your fears, let's assess them realistically. Choose ONE of your fears from Step 1 to work through this flowchart. (You can repeat this process for each fear.)

Write out the fear you're working with:

THE FEAR FLOWCHART

WHAT ARE **THE ODDS THIS ACTUALLY HAPPENS?**

(Google it, ask AI, research it)



A) ODDS ARE JUSTIFIABLE

B) ODDS ARE LOW

PATH A: The Odds Are Justifiable

If your research shows this fear has a real possibility of happening, ask yourself:

Is this within my control?

✓ **YES - This is within my control**

👉 ■ What is ONE action step you can take TODAY to begin moving toward a solution?

✗ **NO - This is beyond my control**

👉 ■ Journal: What would surrender look like for me in this situation?

👉 ■ List 3-5 POSITIVE scenarios to balance out the worst-case thinking:

1.

2.

3.

PATH B: The Odds Are Low

If your research shows this fear is unlikely to happen, it's time to release it.

■ BREATHING EXERCISE: Letting Go

This old fear energy is no longer serving you. Let's release it:

- Find a comfortable seated position
- Close your eyes or soften your gaze
- Take a deep breath in through your nose for 4 counts
- Hold for 4 counts
- Exhale slowly through your mouth for 6 counts, imagining the fear leaving your body
- Repeat 5-10 times, each time feeling lighter and more at peace

 ■ Complete this sentence:

"Now that I know the odds are low, I can create peace by..."

STEP 3: Replace Fear with Your Authentic Self

Fear isn't who you are—it's something that's been influenced by external circumstances, past experiences, and messages you've absorbed over time. It's borrowed, not authentic.

So let's get curious about who you REALLY are underneath all that noise.

JOURNAL PROMPT: Meeting Your Highest Self

Imagine fear is no longer in the driver's seat. In fear's absence, as your highest self:

Who would you choose to be in the driver's seat instead?

(Examples: Courage, Love, Curiosity, Trust, Peace, Authenticity, Purpose)

What do you uniquely value?

(What matters most to you when you strip away what you "should" value?)

How would it look to show up as that person TODAY?

(Be specific—in your morning routine, your conversations, your work)

How would that person respond to life?

(When challenges arise, when decisions need to be made, when uncertainty shows up)

What choices and decisions would they make differently?

(Think about one current situation in your life)

YOUR 7-DAY CHALLENGE

For the next 7 days, practice showing up as THIS person—your highest self—instead of letting fear drive.

Start small. Choose ONE way you'll embody this version of yourself today.

Today, I will show up as my highest self by:

Remember: You are not your fear. You are the person you choose to be when fear steps aside. That person has always been there, waiting for you to reclaim the driver's seat.

You've got this. ■

Want support on this journey?

*Visit **stablesupportcoaching.com** to learn about equine Gestalt coaching—
a transformative approach that partners with horses to help you reconnect with
your authentic self.*