

STEP 4 Core FEAR Table: After you do your FEAR TRAINS you may become aware of some core fears - these come up again and again in your life. This table is to help you consider those CORE FEARS and how the opposite can vastly improve your outlook in order to eliminate the false fears that usurp your faith.

What is my Fear:	Do you know where it came from?	What behaviors does this fear create?	What is the Opposite FEELING of my Fear:	What NEW behaviors would emerge with this opposite feeling?
I will cease to exist	Fearful moments that I have had or created, I feared I was dying	Panic, Anxiety, Running Away, Avoiding, Pretending I am Ok	I FEEL I am an infinite energy of consciousness, I believe energy never ends once it starts, I feel I am safe	Peace, connection, awareness, joy, freedom, unwavering faith
God doesn't love me	Bad things that have happened to me, if there was a god he'd help me	I lash out at people, I envy their belief's, I tell people there is no god, I am jealous that I don't have others capacity for faith	I feel Gods love unconditionally, I am at peace in that am his creation, we co-create	Peace with outcomes, faith completely in my Creator
Aging	Watching others age and suffer	Terror, shutting down when around older people, obsessive about health	I feel content in my aging, I feel honored I am still alive, I am supportive of my ability to age gracefully	Faith that I will age nicely and handle whatever comes up.