

## STEP 4: FEAR TRAIN **SAMPLE**

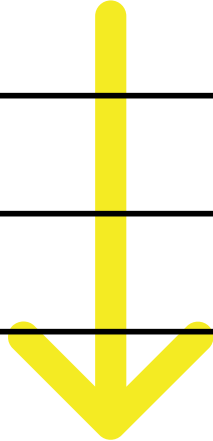
Consider what could happen if (the fear) were true...

Then what would happen?

Then what? (ask repeatedly)

Stay on track with each specific fear, reducing it down as far as you can go, if you start to go in circles, you reached your bottom fear, what is the ultimate FEAR that you are covering up so you don't have to face it?

Name the FEAR:

|             | #1 FEAR                                                                             | #2 FEAR                                                    | #3 FEAR                                          |
|-------------|-------------------------------------------------------------------------------------|------------------------------------------------------------|--------------------------------------------------|
| Then what   | What fear comes up next from that fear?                                             | My Husband will cheat on me                                | Afraid I will lose my job                        |
| Then what   | And what would happen next, if that fear happened?                                  | I will be alone                                            | I won't be able to pay my rent                   |
| Then what   | ASK: What FEAR does this bring up next?                                             | I will be homeless and penniless                           | I will become homeless                           |
| Then what   | Continue asking what fear comes up next until you run out                           | I will have to live on the street and have to beg for food | I will lose my belongings and financial security |
| Then what   |  | My family will be ashamed and abandon me                   | I won't be able to provide for myself            |
| Then what   |                                                                                     | I will want to die                                         | I will be seen as a loser by people              |
| Then what   |                                                                                     | I will take my own life                                    | I won't have any security or self esteem         |
| Then what   |                                                                                     | There won't be an after life                               | <b>I will perish</b>                             |
| Then what   |                                                                                     | <b>I will cease to exist</b>                               |                                                  |
| Final FEAR: | Final, bottom FEAR (may take more spaces)                                           |                                                            |                                                  |