

The Fear Worksheet

FEAR IS A CALL TO ACTION!

What You Need to Know About Fear:

Fear is a thief that steals what belongs to you.
Avoiding what you fear reinforces fearful behavior.
We can all learn and grow past fear- a plan is necessary.

Use the DAB Formula to Conquer Your Fear:

1. **Decide** you no longer wish to be controlled by your fear. Why are you tired of being controlled by your fear?

2. **Acknowledge** what the fear has stolen from you and why you want it back. What do you need/want to reclaim in your life.

3. **Become courageous** by doing something everyday to face your fear- log your action steps. What steps will you take daily and weekly to confront this fear).

Mastering Self-Regulation Changes Your Life

Someone who has good emotional self-regulation can keep their emotions in check. They can resist the impulse to do or say things that may worsen their situation. They can also cheer themselves up when they feel down. These people lead peaceful lives.

Formula and questions that produce **high level self-regulation**:

1. Standards of desirable behavior. *What are your standards of behavior when upset?*
2. Motivation to meet standards. *Why do you want to maintain these standards?*
3. Monitoring situations and thoughts that proceed breaking standards. *What are the situations that can cause you to break your standards?*
4. Will power combined with internal strength to resist urges. *Who will you become as you master self-regulation?*

Sheila Robinson-Kiss, Msw, Lcsw
Rebalancing America and Beyond

Heal Your Inner Child

Facing the Pain to Change Your Life

A wise Buddhist said that inside each of us is a young, suffering child and that to protect ourselves from future suffering, we all try to forget the pain. Most often, when we feel pain from a deep place within, it's our inner wounded child who's calling. Forgetting the pain results in more pain.

Key concepts and questions to partner with your inner child for deep healing:

1. The body holds emotional and physical pain that carries over from childhood wounding. *Where do you feel physical discomfort in your body when emotionally upset?*
2. Your inner child wants to communicate and heal. The inner child needs permission and guidance from you to begin the work. *From the perspective of the capable and competent adult you are, what are some things you know your inner child wants to open-up about and share?*
3. Children respond to gentle loving words, positive reinforcement, and compassion. *Beginning today what are at least three affirming messages you can share with your inner child daily?*

Sheila Robinson-Kiss, Msw, Lcsw
Rebalancing America and Beyond

The Elevation Worksheet

How to Stay Up When the World Gets You Down!



How To Stay 'UP':

- Understand that your well-being requires daily investment.
- The deeper your commitment the greater your *return on inv*
- You are maintaining your balance for 'YOU' and all the imbalance you will

encounter in the world.

Use the CUB Formula to STAY BALANCED AND EMPOWERED:

4. **C**reate your list of working agreements. In terms of your behaviors and habits what are the promises you've made to yourself to stay on track? What will you do to remain lifted consistently?

5. **U**nderstand what you've needed to sacrifice for your growth and development. What outdated thoughts, memories, and regrets do you need to let go of to experience more emotional freedom?

6. **B**uild and maintain consistency as you implement the tools of resilience. What tools have you (or will you) implemented to help sustain high life of life elevation?

ACT Process for Self-Awareness

5- Senses Experiencing

INEFFECTIVE ACTION

If I were a fly on the wall, what would I be seeing you do that is not working well?

EFFECTIVE ACTION

And if you were acting effectively, behaving like the person you want to be, what would I see you doing?

Away ←

→ *Toward*

HOOKS

What is that like for you?

VALUES

What do you care about?
What kind of person do you want to be?

Private & Public Events