



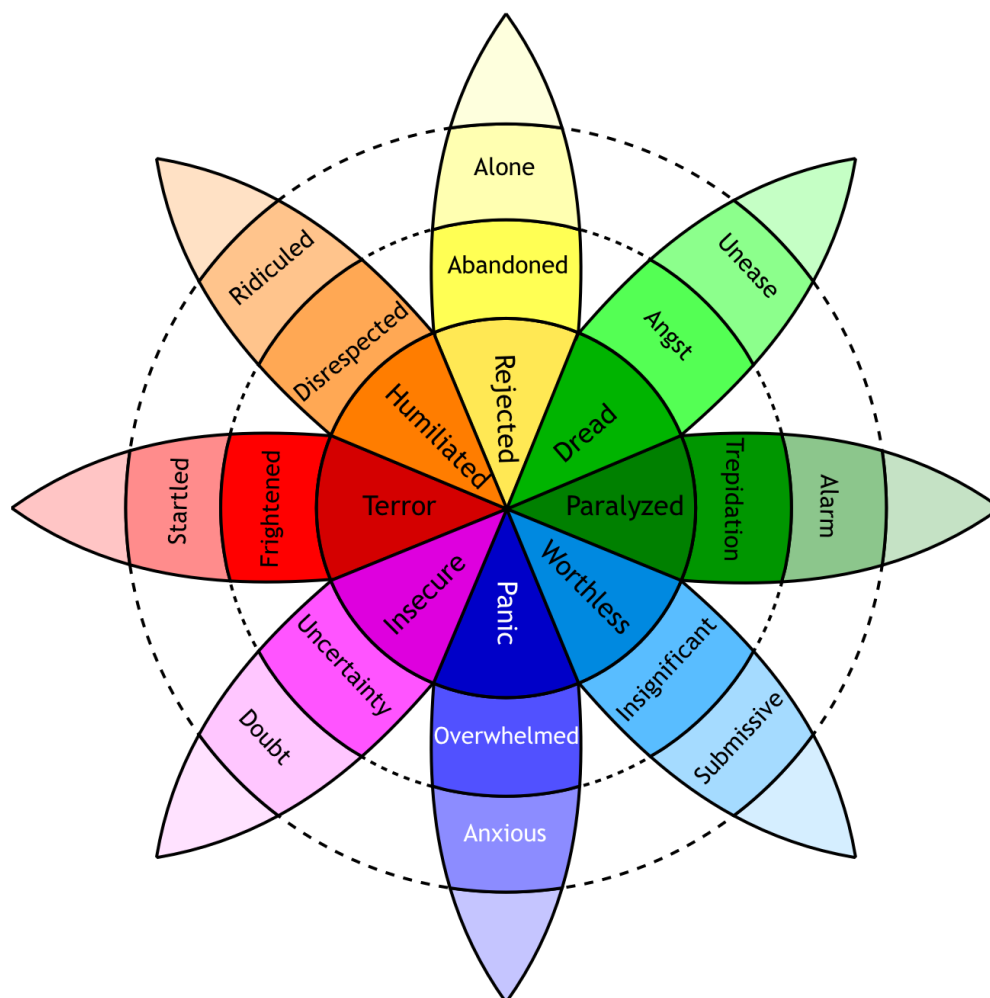
FEARFORWARD

Neurohacking Fear Workbook

BY

MaryPoffenroth.com

Everyday fears can sometimes be hard to pin down because we have so many words for them. We often say we're stressed out when actually we're in fear. The fear wheel below helps you to pinpoint your emotions through the power of words. More intense emotions are found in the center and dissipate as they radiate out. Think about the last time you were "stressed out", did your true emotions fall somewhere on this wheel?



Inspired by Plutchik's
Emotion Wheel, here it is
reimagined with a fear only focus

BY

MaryPoffenroth.com

What Do You Already Know About Fear & Success?

**'We are here because of fear – so thank you fear for keeping
us alive!**

**BY
MARY POFFENROTH**

What are your thoughts and beliefs
around fear?

How often do you think about your
fears beyond just feeling them?

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MaryPoffenroth.com

Top 13 American Fears

that Adults would admit to in a Gallup poll

Mice	Snakes	Public speaking
Spiders/insects		Dogs
Small spaces		The dark
Heights		Crowds
Thunder/lightning		Needles/shots
Flying on an airplane		Going to the doctor

Which Do You Share?

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I'm Afraid...

- ☐ I am not enough
- ☐ it's too big/beyond my ability
- ☐ of being alone
- ☐ of going broke/homeless
- ☐ no one loves me
- ☐ I will never be successful or as successful as my parent/sibling/etc.
- ☐ I won't make a difference
- ☐ people will reject me and my ideas
- ☐ becoming irrelevant
- ☐ of making a wrong decision that will cause harm
- ☐ of being a nobody
- ☐ of not being liked
- ☐ no one will listen or worse, I will be punished/rejected for my ideas
- ☐ of looking ignorant /silly/ imperfect
- ☐ asking for more (love, attention, money, freedom, acceptance, time)
- ☐ of doing things wrong / being wrong
- ☐ of feedback because it feels like corrections are condemnation not coaching
- ☐ of being too loud, too giggly, too girly, too ____.
- ☐ to use my voice/be heard
- ☐ to be seen/ looked at
- ☐ of being seen as a *bitch* or *power hungry*
- ☐ I will be made fun of/laughed at
- ☐ setting boundaries
- ☐ of looking old / ugly / unattractive
- ☐ of asking for help/being told no

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Factual vs Fictional Fear

Describe the difference between factual and fictional fear

Detail some recent examples of when you were caught up in a fictional fear storm

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When I'm in a Fearstorm, My Body
Reacts By:

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When you're in a fearstorm, how do
you feel best supported?
By yourself & by others

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**What Have You Tried in the Past to Get
Rid of Your Fear?**

How Well Did That Work?

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My Usual Go To Behavior When Dealing
with a Fear Trigger Is:

1- I put it off until later

2- I move away, scale back, get quiet or
play small

3- I get angry, overwhelmed, or
frustrated

4- I avoid it completely

5- I reframe it

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List Your Top 10 Life Stresses Right Now

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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**Of Your Top 10 Daily Stress, Which
Ones Can You No Longer Tolerate in
Your Life?**

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The Fairytale Rewrite

Describe Your Heroine/Hero

Describe Your Villain

What does the Hero/Heroine Want?

What Happened? Describe the Main
Event/Action

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Risk & Failure: What's Your Story?

Who were the characters?

What was the challenge?

What was at stake?

What went right?

What went terrible wrong?

What were the consequences of your
fear based decision?

What would you do differently?

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Fear Forward into Decisions

Why is this important?

The benefits of saying yes?

The benefits of saying no?

Consequences: Yes vs No.

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Fear Forward into Decisions

What is the reality based best & worst possible outcome?

Best:

Worst:

Where can I get support?

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Fear Forward into Decisions

Potential
Obstacles

Potential
Solutions

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The Single Next Right Move

Benefits of making that move:

Benefits of not making that move:

Possible costs of making the move:

Costs of not making that move:

If I say yes, how can I back out?

If no, will another opportunity arise?

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SMARTER Goals

Specific

Measurable

Achievable

Relevant

Time Bound

Exciting

Realistic

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