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DAY 3: EMBRACING FEAR SELF-PRACTICE WORKSHEET

Fear is a **natural human response** designed to protect us. It helps us detect potential threats and **prepares the body to react**. While this response is useful in risky situations, it can also become activated by memories, worries, or uncertainties that don't require immediate action. When that happens, fear **may feel overwhelming, persistent, or confusing**.

Fear can show up in many ways such as physical tension, a racing mind, hesitation, or avoidance. It is **influenced by** both past experiences and current interpretations of what might happen. Because fear affects both the body and the mind, it can shape our decisions, reactions, and overall sense of well-being.

Understanding fear is the first step toward working with it rather than being controlled by it. With awareness and supportive techniques, it's possible to reduce its intensity and **build a steadier sense of safety**.

In this worksheet, we'll explore how Energy Flow® and Emotional Freedom Techniques (EFT) can help you acknowledge fear, calm the nervous system, and create space for more grounded, confident responses.

A. ENERGY FLOW® EXERCISES

Index Finger Breathing

1. Hold the index finger.
2. Notice if there is any pulse. Keep holding and breathing.
3. Say to self, "I choose to release any and all fear in my life. Any fear that is holding me back. I choose to step into my power, and confidence and do what needs to be done."



9-Gamut Hold



1. Gently hold the 9-Gamut point and breathe in and out through the nose.
2. Hold the 9-Gamut point for 3 minutes.

Triple Point Calmer

1. Tap under the eye.
2. Tap under the collarbone.
3. And then tap under the arm.
4. Repeat as often as you need, until you feel calm.



Heart Hold Breathing

1. Breathe in through the nose for 6 counts and out through the nose for 6 counts. Filling the belly as you breathe in and emptying the belly as you breathe out.
2. Breathe in through the nose for 6 counts and out through the mouth for 6 counts.
3. Place your hand on the heart and breathe in through the nose for 6 counts and out through the nose for 6 counts.
4. Keep the hand on the heart and breathe in through the nose for 6 counts and out through the mouth for 6 counts.
5. Hold the 9-Gamut and place the hand on the heart and breathe in through the nose for 6 counts and out through the nose for 6 counts.
6. Hold the 9-Gamut and place the hand on the heart and breathe in through the nose for 6 counts and out through the mouth for 6 counts.
7. The final step is to breathe in through the nose for 6 counts and out through the mouth of 6 counts, while holding the heart.



B. SAFETY TAPPING WITH EFT

1. Tap on the Karate Chop, "Even though I have not always felt safe, that was then and this is now, I choose to feel safe anyway."
2. On all the upper body, facial and hand points, "I am safe now."



C. EMBRACING FEAR WITH EFT TAPPING

1. Ask yourself the following questions:

- **What is it that makes you scared or fearful?**

- **Who makes you scared or fearful?**

- **What fear have you hidden away from yourself and others to save face?**

- **How would you feel, if you were to have no fear in your life?**

- **If you had to be really honest to yourself, what is it that you are really scared of, in your hearts of hearts?**

2. Write down 3 specific examples that make you feel scared or fearful:

Sr.	Experiences you are scared or fearful of.	How did/does it make you feel?	What number is it at?	Where in the body part do you feel it?
1				
2				
3				

- **Identify the first example you want to work on.**

3. Once you have identified one example that you want to explore: Start tapping on the side of the hand (the Karate Chop point) while saying your statement out loud: *"Even though I am scared and fearful about _____ (what you are fearful about) and I can feel it in my _____ (body part) _____ and it's at a number _____ (add number) and it makes me feel _____ (feelings and sensations), I deeply and completely love and accept myself."*

4. Then tap on the upper body, facial and finger tapping points using the Reminder Phrases (the phrases that includes information on the story name, number and feeling) while saying them out loud:
 - Eyebrow: *I am scared or fearful about _____ (what you are fearful about)*
 - Side of Eye/ Temple: *I can feel it in my _____ (body part)*
 - Under the eye: *It's at a number _____ (number)*
 - Under the nose: *It makes me feel _____ (feeling or sensation)*
 - Chin: *In my _____ (body part) at a number _____ (number)*
 - Collarbone: *Really _____ (feeling or sensation)*
 - Underarm: *So _____ (feeling or sensation)*
 - Thumb: *So _____ (feeling or sensation)*
 - Index finger: *Fearful or scared because _____*
 - Middle finger: *I feel it in my _____ (body part)*
 - Little finger: *So _____ (feeling or sensation)*

5. Close the sequence by tapping on the side of the hand (Karate Chop point) while saying your statement out loud: *"Even though I am scared and fearful about _____ (what you are fearful about) and I can feel it in my _____ (body part) _____ and it's at a number _____ (add number) and it makes me feel _____"*

_____ (feelings and sensations), I deeply and completely love and accept myself.”

6. Relax: Take a gentle breath in and out, then take a sip of water.

7. Then ask yourself, “What number is the fear at?” If reduced to a level you feel happy with, you can stop. If you would like it to come down further, move to step 7.

8. Ask yourself:

- What is left about the fear? (I get scared because...)

- Where in the body do you feel it?

- What number is it at, on a scale of 1 to 10?

- How does it make you feel?

9. Repeat steps 2-6 till the charge on what made you fearful or scared comes down.

10. Once this example is complete, go back and explore the remaining two examples.