

FEAR MODEL

EXPECTATION: The Fear Models memorize 6 of their greatest fears. You may have them written on a note card and ready should your mind go blank due to nerves. This is a time to go deep and be authentic and vulnerable when choosing fear statements. Each fear statement should be concisely stated and not go into any storytelling. Add the kinds of fears that are behind your false selves. Beneath every False Self is a Fear. Our False Selves are rooted in Fear. Beneath every Fear is a Good and Holy Desire.



PURPOSE: to model authenticity in telling your fears

ENERGY: Vulnerable, intentional

After the Attendees journal about their fears, you and the Fear Speaker will stand at the front of the room. The Speaker will say, “_____ and I are now going to model what you all will do next in your small groups.”

The speaker will have you come up and face the attendees.

Come to the front with the Fear Speaker. You will face each other and maintain eye contact as you go through the following exercise.

6 times **Leader:** *“Tell me your greatest fear.”*
 Model: *“My greatest fear is...”*
 Leader: *“Thank you.”*

The Speaker will continue her talk. You are free to leave the room and join the Staff Meeting in progress at this time.