

FEAR TALK / EXERCISE

TIMING: Friday night, after break and Teaching on Emotions

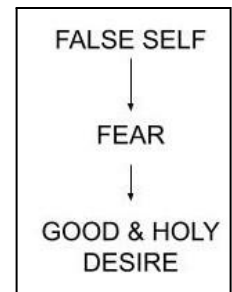
EXPECTATION: The speaker should have connected with the two Fear Models prior to the weekend

PURPOSE: To show that we are human and all have fears. If we aren't aware of our fears and face them, they can control our lives.

MODELS: The desire is to have two models; however, it is acceptable to drop to one as necessary. Purpose is to model different types of fear from two different perspectives.

ENERGY:

ROOM SETUP: Write on the board



THE TALK

Beneath every False Self is a Fear. Our false selves are rooted in fear. Beneath every fear is a Good and Holy Desire.

[Ask for a show of hands as to who is really identifying with the False Self talk from last night. We are looking for someone who is really tracking with the concept.]

Would one of you like to volunteer to come up so that I can help the group understand more clearly the dynamics of the False Self? [Wait for someone to volunteer. If an attendee doesn't volunteer, ask a staff person to do it. Have this person designated ahead of time.]

1. Ask the attendee: *"What is a main false self in your life that you have identified so far this weekend?"*

Name it: _____

Ask the attendee to pick another attendee to represent that False Self. Have them come forward and give them the name of the False Self. Get one impactful negative message of the False Self

Example: Performer – "get it right," "you've got to be perfect", "everyone depends on you" - get one)



[Speaker will line up each role player one behind the other facing the attendee. It will be The False Self, The Fear, and then Good and Holy Desire all facing FORWARD in the direction of the attendee.)

2. Tell the attendee and the group: *“All false selves are rooted in fear. For example, my Withdrawer is rooted in the fear that I will be rejected.”*

Ask the attendee: *“What is the Fear behind your _____ (name of the False Self the attendee has given)?”* [It should be something like “I’m afraid I will be rejected.” Use 1st Person when stating the Fear.]

Ask the attendee to pick another attendee to represent that fear. [Place “the fear” behind “the false self” role player.] Give the role player the words expressing the fear.

Example: “I’m afraid I will be rejected.”

3. Tell the attendee and the group: *“Behind every fear is a Good and Holy Desire/Want. For example, behind my Withdrawer is the fear of being rejected. Behind that fear of rejection is a desire for Acceptance.”*

Ask the attendee: *“What is it that you really want here? When you show up False Self, what are you trying to get?”* [It is behind the false self and behind the fear.]

“I want_____.” [love, acceptance, safety, security, etc... get a core longing]

Then, ask the attendee to pick someone to play “his or her Desire/Want.” Place “the want” behind the “the fear.” Tell the role player the line:

Example: “I want acceptance.”

RUNNING THE PROCESS:

Role Players: Instruct the role players what their “lines” are. Place them behind one another:

The False Self – the role player will state the message of the False Self [i.e. “Everyone is depending on me.”]

The Fear – the role player says the fear [“I’m afraid I will be rejected.”]

The Want/Desire – the role player says what is wanted [“I want acceptance.”]



1. Now, have them all repeat their lines over and over until you have them stop.
2. Have the original volunteer watch. Stop the role players after they’ve said their lines about 5 times.
3. Ask the volunteer what he or she is aware of.
4. Ask the other attendees what they are aware of.
5. Have the volunteer sit down and give them a hand.

SUMMARIZE THE TEACHING FROM THIS PROCESS:

- We all have fears. To be human means that we are going to experience fear.
- Our fears can be rational or irrational. Examples: Fear of not being loved. Fear of being rejected. Fear of losing a loved one. Fear of becoming ill. Fear around financial security.
- If we are not aware of our fears and if we don’t face our fears, they can control our lives.

JOURNAL TIME (5 minutes): Say, “We are going to give you about five minutes to take out your notebooks and list what some of your fears are. Consider some of the fears that drive your false selves. Or any fear that you are aware of.”

[When the time is up, continue with the Fear Exercise.]

FEAR EXERCISE

Have the Fear Model(s) come up and face the attendees. [The fear model should add into her fears the kinds of fears that relate to her false selves.]

Repeat 6 times

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

EXPLAIN TO THE ATTENDEES

We understand that by definition there should only be one “greatest fear.” The point of this exercise is to help identify what we are afraid of. This is a tool to help access our fears.

You are now going to go into your small groups. You will ask one another to “Tell me your greatest fear.” Do not deviate from these words. Each time, state the question in the same way, “Tell me your greatest fear.”

Do not add any qualifiers to the sentence, like “Now, really tell me your greatest fear.” This minimizes what they have already shared.

When you respond to the question, respond each time with, “My greatest fear is...” Use this phrase, “My greatest fear is...”, each time you give an answer to the request to “Tell me your greatest fear.”

Then, once you respond, the one who asked says, “Thank you.”

Go to your groups in silence now.