

HOMEWORK:

Follow along with the Video Call and answer these questions to gain insights on how you deal with pain, anxiety, fears, etc. Discover you DO have more power than you may currently realize. Be sure to WRITE DOWN your answers and not just think about them. Write them down.

What scares you?

What is your #1 fear

When fear strikes, how do you typically respond?

Do you run?

Do you freeze up?

Do you fight it and try to conquer it, overpower it?

Do you **think** about it and analyze it? Try to "figure it out" with your mind?

Do you feel it deeply?

Do you try to numb it out? Drug it out? Drink it away? Eat it away? Shop it away? TV it away? Escape it in some way?

4. In the past what was your biggest most fearful experience in your life?

5. How did you respond to the fear?

6. How did or does your family typically respond to challenges, fears, problems, health issues, etc. ?

Now go back to one of the fears you are currently experiencing in your life or health and REFRAME it. Think about it in a new way. Use new thoughts, new images, new emotions. Use the POWER of your mind, emotions, and choices in a new and different way that will help you get into the Solution or Prevent the pain/pattern/problem/fear from getting worse!

Go Back now and do this with every fear on your list!