

INSTINCTS, SAFETY, TASK-ORIENTATION

INQUIRY QUESTIONS TO PROCESS FEAR EMOTIONS



SUBTYPE OF FEAR

ANXIETY AND WORRY

- Perceives a possible future threat or unknown
- Forces you to feel like responding immediately with flight-or-fight
- Makes you focus or obsess until you pay attention to it
- Urges you to get things done and may bombard you with 'too much'
- Wants you to plan, be proactive or take care of urgent tasks
- Wants to prevent future mistake, hardship, threat or failure
- Activates your stress-response/nervous system and stress hormones

INQUIRY QUESTIONS AND POSSIBLE CORRECTIVE ACTION

- What really needs to be done right now?
- For long term fears, list what-if's, be proactive and plan what you can
- #1 antidote to anxiety is planning possible solutions for worries
- Make unknowns knowns as much as much possible by researching
- Be curious and 'interested' in understanding your anxiety
- Use Conscious Anxiety Practice

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SUBTYPE OF FEAR

CONFUSION

INQUIRY QUESTIONS AND POSSIBLE CORRECTIVE ACTION

- Is too much going on at once?
- Do I need to take a time-out and time-in to decompress, reflect, prioritize what is most important right now?
- What aspect of my life is the most confusing or scary right now?
- How can I can clarity to resolve confusion?
- What are my priorities?
- What is most important?
- What do I feel is missing my life?
- Am I living aligned with my values?
- Does my confusion involve another person?
- Is there a clear, calm way I can ask for clarity to resolve confusion? If so, what questions would I ask and how would these questions clear things up (rather than cause more confusion or conflict)?
- Use Conscious Anxiety or Conscious Complaining Practice

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SUBTYPE OF FEAR

JEALOUSY

- Blend of Anger, Sadness and Fear
- Means you value and want to protect your relationship! This is a good thing!
- Jealousy's job is to protect and maintain strong, loyal relationships

INQUIRY QUESTIONS AND POSSIBLE CORRECTIVE ACTION

- What is my partner doing that is disloyal?
- Am I shaming my natural feeling of jealousy?
- Am I triggered by disloyalty from the past?
- Is there anything I want-or-need from my partner in order to no longer feel jealous?
- If you can't think of a specific want or need to communicate, then you likely do not need to express jealousy. Venting to friends can be helpful. Venting jealousy at your partner may not be helpful.
- Take 100% responsibility for processing jealousy (remember it is your emotion and you get to process through it calmly)



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Jealousy is a combination of fear and self-protection (anger) that arises when your most intimate and important relationships seem threatened.

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Karla McLaren, MEd

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SUBTYPE OF FEAR

PANIC / ANXIETY ATTACK

- State of life-saving energy, fight-or-flight
- Extreme hyper-focus on perceived threat
- 'Armed and ready' activated nervous system, adrenaline and loss of access to prefrontal cortex (rational thinking)

INQUIRY QUESTIONS AND POSSIBLE CORRECTIVE ACTION

- Am I dealing with a real or perceived threat?
- What is the threat or possible loss?
- Am I having an emotional flashback (fear of emotional pain that I've experienced in the past... due to rejection, neglect, abuse or Childhood Emotional Neglect (CEN)?
- Is this a shame attack (due to Inner Critic shaming into self-hate)?
- Panic/shame attacks may reveal your mind doesn't trust that you've learned enough lessons from the past to ensure you won't be able to protect yourself from repeating the same painful experiences in the future. This is related to PTSD and appropriate to discuss in therapy.
- Going for a 10 minute run or fast-paced walk can resolve panic

A woman with long dark hair is shown from the chest up, wearing a light purple long-sleeved shirt. She has her hands pressed against her eyes, completely covering them. The background is a plain, light-colored wall. The image is used as a background for a quote.

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**Fear keeps us
focused on the
past or worried
about the
future. If we can
acknowledge
our fear, we can
realize that right
now we are
okay.**

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Thích Nhất Hạnh