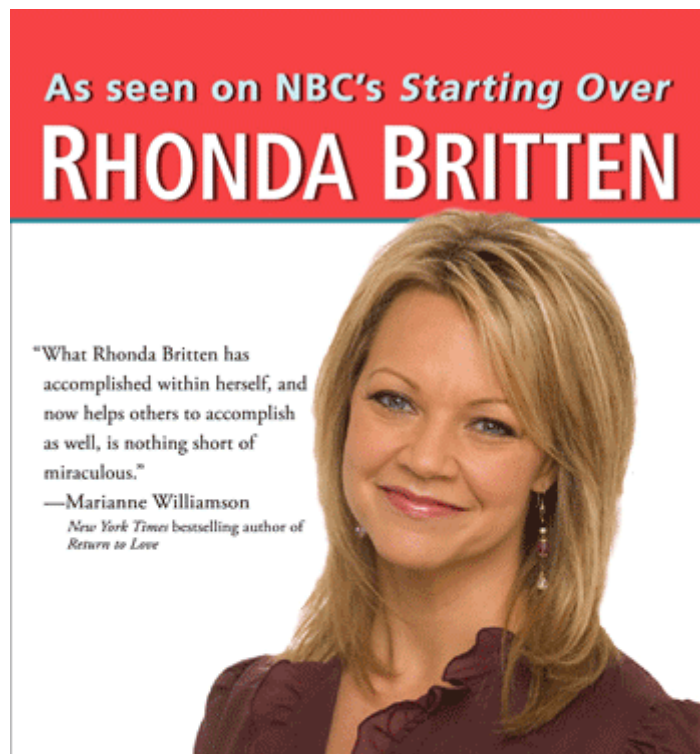


Fearless Book Group Study Guide

A Companion to the Book.....



FEARLESS
LOVING

**8 Simple Truths That Will Change the Way
You Date, Mate, and Relate**

Fearless Loving:
Eight Simple Truths That Will Change the Way You Date, Mate, and Relate

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How to Get the Most from Each Chapter of Fearless Loving

1. Read the chapter assigned in the Fearless Book Group (FBG) Study Guide before your FBG meeting. This guide is designed to give you maximum benefit of *Fearless Loving – Eight Simple Truths That Will Change the Way You Date, Mate, and Relate*. Please follow the outline of the chapters provided in this Study Guide to enhance your comprehension and application.
2. Complete the Fearbuster Exercises in each chapter before your FBG meeting.
3. Together, study the chapters reflecting on the questions we have provided as your guide. Answer as many questions that time allows. To ensure understanding, we encourage each member to review, on their own, the questions for each chapter. This will support the FBG as a whole and each member individually.
4. Assign the Fearless Integration Homework. This will support your FBG in mastering Fearless Loving rather than just reading about it. Integration is the key.
5. Review at the beginning of each FBG meeting the insights, changes and results each member experienced regarding the chapter studied the week before. This ensures further integration of the chapters. Allow between three to five minutes maximum per member.
6. Choose a facilitator for the meeting. That person is designated to keep the group focused on the questions to make sure integration is being supported.
7. Share. Share. Share. This is the time to find out you are not alone. We all have fear and your willingness to share yours helps the entire group be more honest with themselves.
8. Complete each FBG by asking each Team Member to share one gratitude and one acknowledgement regarding that meeting.

Truth 1 – Love Is Up to You

In addition please read the Preface

“The biggest causality of fear is Love.”

-Rhonda Britten

Discuss Truth One. Use the following questions as your guide.

1. What is your definition of love?
2. Has reading this chapter changed your definition or perception of love? How?
3. What are the symptoms of fear that show up in your relationships? (i.e.: people pleasing, isolating, blaming, complaining, etc.)
4. Pick one relationship and describe how fear gets in the way of love.
5. Pick one relationship and describe how love opens you up.
6. How would self-acceptance change the way you interacted in relationships?
7. List three of the people in your past or present and what about them made/makes you feel valued?
8. What are five ways you can give yourself love?
9. How does your perception of love affect your relationships today?
10. How would you like your loving relationships to be different?
11. In relationships that ended, what percentage of the responsibility for the breakup was yours? Describe how you were responsible.
12. Is there anyone you have refused to love – how does that impact your life?

Fearless Integration

1. What opportunities to be loving to yourself did you avoid/deny this week? Others?
2. Keep a love log this week – list all the ways you expressed love or felt loved.

Truth 2 – Everyone Is Innocent

“Seeing people as innocent is simply an approach to life that works better than being afraid and defensive.”

-Rhonda Britten

Discuss Truth Two. Use the following questions as your guide.

1. What people do you have the hardest time thinking of as innocent?
2. How would your relationship with these people change if you treated them as innocent?
3. How would you be different with people if you first thought of them as innocent?
4. How would your life be different if you treated yourself as innocent?
5. How do you treat others when you don't see them as innocent?
6. What are the things that get in the way of you seeing others as innocent?
7. What are some of your judgments in relationships?
8. Take one judgment and shift it to seeing innocence.
9. What intentions would support you to have the kind of loving relationships you desire?
10. In what ways are you currently not taking responsibility for how you communicate with others?
11. How could your interactions be different if you participated in conversations without an agenda?
12. What is the difference between empowering language and disempowering language?

Fearless Integration

1. Practice using the Four Steps to Innocent Communication with three people during the week. Note what is hard, what is easy and how your interaction is different than in past interactions.
2. Observe yourself in three different interactions with people this week. Where you are irritated or angry? Observe your thoughts about the other person. How could the situation have shifted if you saw them and yourself as innocent?

Truth 3 – Feelings Lie

***“We can recognize that feelings are not facts,
they are our reactions to the world.”***

-Rhonda Britten

Discuss Truth 3. Use the following questions as your guide.

1. How often do you say, “I’m fine” when you really aren’t? Describe the situation and think about how you would want to answer differently.
2. In your relationships overall, what percentage of your desire for love and approval is driven by fear?
3. Is this percentage different with different types of relationships such as in your career versus your family versus your friends?
4. What are five feelings you experience that could be a reflection of fear in your relationships?
5. How do those feelings stop you from loving?
6. Reflecting on the different relationships in your life, how often are you apt to have feelings that are not based in reality? Does this change based on the type of relationship, such as work versus personal.
7. Why is it important to measure the strength of your relationships based on the way you feel about yourself in the relationship rather than how you feel about your partner?
8. How would achieving more detachment from your feelings help improve your relationships? Your life in general?
9. Tell the group about a time you acted on your commitments, not your feelings?
10. How would your relationships change if you acted out of commitment instead of expectation?
11. What could get in the way of you living from commitment in your relationships?
12. How can you support yourself to live in commitment in your relationships?

Fearless Integration

1. For the next week keep a log of the top three feelings that you have during the day, also make a note about the event or person that precipitated the feeling. Take your log and for each entry answer the question – Are my feelings based in fact or am I making things up?
2. Pick three relationships in your life. List the three to five predominant feelings that define those relationships. Do these feelings reflect living in commitment or do they reflect living in expectation?

Truth 4 – Chemistry Is Between Your Ears

“...slow, sweet, deeper chemistry that grew from a true connection of the heart.”

-Rhonda Britten

Discuss Truth 4. Use the following questions as your guide.

1. What did you learn about sexual chemistry by reading chapter 4?
2. Did it change your view about love at first sight? How?
3. How do you think sexual chemistry could influence your decisions in a relationship?
4. How would acting out of commitment change your actions in a new relationship?
5. What characteristics drive your attraction for someone? Actions? Physical features?
6. How has your initial attraction for someone gotten in the way of seeing the real characteristics of that person?
7. From the reading, what did you learn about the difference between the early-relationship chemistry and long-term chemistry in relationships?
8. What obstacles might get in your way of knowing that you are a great match with someone new?
9. What can you do to remove the obstacles listed above?
10. What have you learned about how different types of chemistry can affect your relationships?
11. What have you learned about how you can influence the chemistry you feel in your relationships?
12. How did the reading invite you to examine or rethink your relationship with your body and how it affects your relationships?

Fearless Integration

1. Make a list of up to five new people you meet this week. This could be as simple as interacting with a new checkout person at the grocery store or more eventful, such as having coffee with a new co-worker at work. For each person, list the characteristics that influenced your feelings about that person. How did your feelings about those characteristics influence your interaction with each individual? What are some ways you could positively influence your interaction with each person?
2. Make a list of up to five people you already know (romantic or not). For each person make a list of the feelings you had about them when you first met versus how you feel about them now months or years later? What changed your feelings? Is there anything you could have done differently when first meeting them or even now, that would have or could positively change how you feel about them?

Truth 5 – Dating Is Where You Practice Being Yourself

“Dating requires you to be true to yourself.”

-Rhonda Britten

Discuss Truth 5. Use the following questions as your guide.

1. What is your purpose in dating?
2. What part of dating brings up the most fear for you?
3. Do you possess the top five qualities you desire in a mate? If not, what are you doing to create them within yourself?
4. How will knowing the top five qualities you want in a mate benefit you?
5. How is desiring certain qualities in your mate different from expectations?
6. What aspects of yourself are you afraid to reveal to someone you are dating?
7. How can dating serve you in practicing being who you are or who you want to be?
8. How would learning small talk serve you in dating?
9. Describe an unpleasant date from your past – how could this chapter and these guidelines shifted that experience?
10. What is your dating intention for your next date?

More General Relationship Questions

1. Define Loving Relationship.
2. Which of your top five qualities is the most challenging for you to exhibit? Why?
3. Like dating, being in relationships is about practicing being you – when, where and how did you practice being you this week? (work, home, with your partner, with your kids, at the grocery store, etc.)
4. How would learning small talk serve you in every area of your life?
5. Consider Rhonda’s quote “Because the bottom line is, a relationship doesn’t define you, you do.” How would you define yourself beyond your relationships?
6. What is the difference between a friendship and an intimate relationship?
7. Where else in your life do you allow yourself to “practice” versus feeling like you must be perfect or have mastery?

Fearless Integration

1. Dating and relationships are all about practicing – where in your life are you willing to practice being yourself this week? Keep track of when you show up as your authentic self. What circumstances had to happen for you to be authentic?
2. Think about your top five qualities – pick one that you would like to practice working on this week. Do five things this week to make this improvement.
3. **DATING INTEGRATION:** If dating activities seem a bit elusive, brainstorm with a Fearbuster Buddy at least 25 places to meet, or things to do, with potential dates.

Truth 6 – “Yes” Means Nothing If You Can’t Say “No”

***“A boundary is set to avoid violation of personal freedoms.
It is not a tool to test someone’s love.”***

-Rhonda Britten

Discuss Truth 6. Use the following questions as your guide.

1. How willing are you to put yourself first? What fears does this bring up?
2. When you put a boundary in place what does it say about you?
3. Are boundaries easy or hard for you to put in place?
4. How willing are you to practice sharing your boundaries with others?
5. What internal signals do you get when you realize you need to set a boundary?
6. Describe several of your personal boundaries.
7. When was the last time you said “yes” when you wanted to say “no”?
8. Tell the group at least one boundary you have with regard to your love life.
9. What area (s) are the most challenging when it comes to setting boundaries?
10. How much do you trust yourself? What can you do to increase self-trust?
11. If you have ever left an abusive relationship, what was it that finally gave you the courage and strength to walk away?
12. How will you know if someone you are dating is violating a boundary?
13. What is the benefit of setting boundaries?

Fearless Integration

1. If you are the type of person who says “yes” but really wants to say “no” – practice this week saying “no” to the small things where you usually say “yes” – no I don’t want eggs for breakfast, no I don’t want to wear my blue top today, no I don’t want to return my sisters phone call tonight. If you are the opposite and say “no” as the first reaction to every request – practice pausing before giving an answer, to see if this really is a “no.” Your boss asks for ½ hour of overtime – pause and think about it before you jump in with an automatic “no”. If your kids ask for an extra hour of play time – pause and see if “no” really is the answer.
2. Think about your current boundaries and decide where you need to reinforce the ones you already have or where you need to create new ones. Brainstorm with a Fearbuster Buddy to help gain clarity about what boundaries you really need to create. Once you’ve made a list, practice your boundaries and report back to your Fearbuster Buddy about how it was for you. (For example: if you have trouble telling a friend you are in the middle of dinner and you will call them back – then make this a boundary for yourself and practice telling anyone who calls during dinner time that you are busy and you will call them back when it’s convenient for you.)
3. Spend time this week remembering times when you didn’t follow your internal boundaries – what happened? What kind of signals did you receive and refuse to follow? Feelings in your body? Thoughts? Could they be used to signify future boundaries?

Truth 7 – Loss Is a Fact of Love

“The most wrenching experiences hold the most potential for learning about yourself.”

-Rhonda Britten

Discuss Truth 7. Use the following questions as your guide.

1. What does *Loss Is a Fact of Love* mean to you?
2. What or who have you not forgiven?
3. How did writing your forgiveness letter serve you? In what way?
4. How does forgiveness assist you in moving forward?
5. What does sadness mean to you?
6. How does the fear of loss hold you back in love?
7. What are you losing if you are afraid to love?
8. What have you learned from your past losses?
9. What is the cost of not forgiving?
10. What is the benefit in forgiving?
11. How willing are you in this moment to open yourself to love and the possibility of loss?
12. If you feel lonely, what new things can you do to feel more connected to yourself and others?

Fearless Integration

1. Be very aware this week of where you refuse to let go of old hurts. Is there anything you are willing to do to move through them; cry, write a forgiveness letter, talk to a friend, have a goodbye ceremony...Brainstorm with a Fearbuster Buddy if you need support.
2. Make a list this week of all the gifts that have come out of the losses in your life; Write down a minimum of 25 gifts on your list.

Truth 8 – Love Is a Risk You Must Take

“The only part of love you can control is the part that comes from you.”
-Rhonda Britten

Discuss Truth 8. Use the following questions as your guide.

1. What is the most important thing you learned from this chapter?
2. What is the most impactful thing you are taking away from *Fearless Loving*?
3. What are the benefits of taking risks to love in any relationship?
4. Over this past week, share a time you chose love/connection over fear.
5. As a result of *Fearless Loving*, where are you more willing to risk with love?
6. What would you like to change about the way you love/connect with others?
7. What expectations around being loving, or feeling loved, are you willing to release?
8. What concerns do you have about your ability to love yourself?
9. What concerns do you have about your ability to love/connect with others?
10. Where can you count on yourself in risking with love; setting boundaries, telling the truth, acting on your commitments, being vulnerable, honoring your top five qualities?
11. Do you see love/connection as a choice now? Give an example.
12. Rhonda says, *“To love fully you will have to surrender to the unknown.”* What does that sentence mean to you? How do you define “the unknown”?

Fearless Integration

1. Write a list or a paragraph about how you plan to continue your *Fearless Loving* journey. Include at least five ways to love yourself and practice one each day. Include at least five ways to love others that you can practice each day.
2. Brainstorm with a Fearbuster Buddy where your beliefs, thoughts and feelings limit possibilities for connection. What are you willing to do in order to shift those beliefs, thoughts and feelings?

My Fearbuster Team

Name: _____

Phone: _____

Email: _____

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