Welcome to Module Five: Wheel of Fear
Video One: Wheel of Fear Review

IMPORTANT: Videos One and Two are transcribed. Videos Three through Nine are Fearbuster Exercises in action. There are no transcriptions. You must listen to the audios or watch the videos to complete each exercise in Videos Three through Nine. Please be sure to put aside extra time to go through Videos Three through Nine in one sitting, if at all possible.

Also, note that there will not be Integration Exercises in Videos Three through Nine for obvious reasons: the entire videos are Fearbuster Exercises.

Be sure to visit the Forum in Module Five if you have any questions. Oh and don’t forget to review your Three Bonuses: Bonus Q & A, Bonus Trigger Secrets and Bonus FAQ. I look forward to helping you discover your Wheel of Fear.

Welcome to Module Five: Wheel of Fear.

Yes it is time to get your Trigger and Core Negative Feeling. But first in order to facilitate the process I need you to put this video on pause and go run and get some crayons or colored markers. Grab something that has colors and is playful such as paints, pens, and crayons.

Now I want you to go ahead and take out the Fearbuster Exercise: Fear Drawing. I want you to draw what fear looks like to you, whatever image comes up. Don’t think about it just start drawing. Put the video on pause while you do the drawing.

After you have completed your Fear Drawing, go ahead and put that aside. We are now going to go over the Wheel of Fear.

If you have ever found yourself feeling completely stuck – in some area of your life – and wonder when life is going to get better. I can help. If you have ever experienced the feeling that “I am not good enough” I can help.

What I am about to share with you changed my life. Before I discovered what I call the Wheel of Fear, I wondered if something was wrong with me, why did I always end up feeling like I wasn’t good enough? Why were there times when I didn’t feel comfortable in my own skin? On the outside, my life would seem to be going great, and then I’d hit a wall. The story of my life: two steps forward, two steps back.
You know what came next? Thoughts would haunt me... If I just made more money, I would feel better. If I just had to someone love me, I would feel better. If I just lost weight, I would feel better. If I just quit doing the things I hated that I did, I would feel better.

So yes, I know fear. The pain of waking up and trying to do everything right but not feeling good about yourself. I know what it feels like to be bombarded with negative thoughts. I know the frustration of wanting love so badly but not knowing how to let it in or how to find it. I know what it’s like to live with everyone saying, “Oh she has so much potential” but feeling like a failure.

For years, I tried day after day to “change my thoughts” to “change my life” but every thought betrayed me. I wondered if I messed up my life for good.

Then I discovered something that stopped all of my negative self-talk, all the doubt and worry, all the shaming, blaming and regretting. It’s called the Wheel of Fear.

The Wheel of Fear shows you step-by-step how fear plays out in your life. It brings awareness to an unconscious process that is happening below the surface.

And when you can see your fear, and understand how your fear works – how it literally processes through your feelings, thoughts and behaviors - it cannot pull your chain anymore. It cannot mess with your life. It makes the process conscious.

You will no longer wonder - why is this happening again, what’s wrong with this picture - because fear will no longer be hidden from view. You will see it as it happens and you will have the power to change it at will, in the moment.

Remember, when you do not understand how fear works, when you are not aware of how you process fear, you are left powerless to change it. It doesn’t have to be that way anymore....

Before I begin there are a couple of points I want to make:

1. We all have a Wheel of Fear.
2. The Wheel of Fear was cemented in stone before you were five years old.
3. It is universal; part of the human neurobiology.
4. Your brain doesn’t know the difference between a real event (i.e. your wife just asked for a divorce) versus a false event (i.e. you’ve made up that your boss doesn’t like you even though he or she hasn’t ever said so).
5. Because your brain doesn’t know the difference between real and false your Wheel of Fear is on 24 hour alert.
Fearbuster Exercise: Fear Drawing – Video 5.1
Let's begin and take a look at the Wheel of Fear.

This is your Wheel of Fear. Now we are going to go through it step-by-step. When you understand this fear won’t own you anymore.

Let's begin:

**Step one: Your Trigger.**

The Trigger is the name I call your core fear. Your core fear is THE THING you do not want anyone else to think of you or say about you. This thing – if said to your face – said out loud – would be devastating to you. It is the thing you believe you must hide. We fear that if anyone knew this about us we would never feel loved, admired, respected, appreciated, or desired. We would never feel connected to another.

I want you to bring to mind someone whose opinion you admire or respect. I don’t care if they are someone you know or don’t know, fictional or real, Jesus or your mother. Now imagine for a minute that this person looked you in the eye and said, “I have something to say to you that might hurt but it’s time you knew…” and then they told you that you were a big ol’ fake or selfish or a loser or incompetent or stupid or lazy. How would that feel? Doesn’t feel good right?
Well, those are examples of some people’s core fears. Again, your core fear is that thing that you don’t want anyone to call you or ever think that way about you.

Our number one human need is connection and your core fear, my core fear, stops us from getting our need for connection met. Reach out first? Are you crazy?! Say I love you with no guarantees? Nuts!!! Tell your boss what you really see in the office? Political suicide!!! Our core fear believes that being authentic, which is the only way we can truly feel connected to another, will make us too vulnerable, we could get rejected, punished or ignored. Ugh!

And because we want to avoid that core fear at all costs we start saying and doing things to compensate for that core fear.

We move into “Fear Responses.” That’s step two.

**Step two: Fear Responses.**

Your Fear Responses are behaviors that you take to avoid confronting your core fear. Fear Responses are compensating behaviors, NOT authentic behaviors. They are generally counterproductive behavior that, at the end of the day, just makes you feel bad.

We use Fear Responses to numb, avoid, deny, ignore, blame, shame and excuse. Our Fear Responses disconnect us from our true selves, and from our authentic nature.

Fear Responses blindside you, tricking you into doing things, saying things, believing things that keep you stuck and frozen in the past.

We can see this so well in others such as the person who is afraid of looking stupid so they are compelled to brag about their credentials or judge people by the amount of education they have. Or the person who is afraid of looking selfish donates all their time to others pretending they LOVE to do it but instead wonder when it will be there turn to be appreciated or maybe they get resentful and burn out. Or the person who is afraid of being incompetent who is focused on perfection at the cost of everything else – love, health, family. And the list goes on.

After my client Mary learned about her Wheel of Fear, she recognized that one of her main Fear Responses was to withdraw from conflict, and from any difficult situation. She would blame the other person for being difficult or she’d use her spirituality to say ‘it wasn’t meant to be’ when in fact she hadn’t even tried or she’d make up some excuse not to speak up. Over the years this cost Mary deals, opportunities, money, and love. But not anymore, now she is free to make different choices when she feels challenged because she knows how to live in freedom. And you are going to learn that too.
Or Steven who blamed his boss for his lack of promotion – he could not see how his Fear Responses were sabotaging him left and right. His core fear convinced him his negative self-talk was right (one of his most frequent Fear Responses). That kept him stuck and unable to move forward.

Your Fear Responses are the first thing that is going to become evident to you after today. You are going to start noticing all the ways you betray yourself, all the ways you aren’t being true to yourself. Look out for the subtle ways that you turn away from connection, from love. Those are Fear Responses too.

Warning: Fear doesn’t give you permission to have compassion and acceptance for yourself. Those are the gifts you must practice giving yourself on the path of Fearless Living. So yes, you will start noticing Fear Responses all over the place and THAT’S THE GOOD NEWS. The more Fear Responses you become aware of, the more choices you have to change them.

We will get to how in the next video when I share the Wheel of Freedom with you. The Wheel of Freedom is the pathway back to your wholeness, the pathway back to your Essential Nature, to your best self.

Let’s review:

**STEP ONE:**
Our Core Fear triggers our Fear Responses that stop us from connecting with our true self and others because your Core Fear has a job: to keep you safe which translates into keeping you stuck spinning on the treadmill of life.

**STEP TWO:**
When our Fear Responses don’t work - in the end they never make us feel better about ourselves – we drop down into our core negative feeling.

**STEP THREE:**
Now, this feeling you know. It is the feeling you have felt many times before. It is the reason you use for not being good enough. Maybe when life isn’t working out you feel worthless, foolish, like a big disappointment, or perhaps like a failure.

And when you start feeling this all too familiar feeling, you give yourself full permission to start Self-Destructive Behaviors

**STEP FOUR:**
Acting on Self-Destructive Behaviors strengthens your core fear. Self-Destructive Behaviors could be anything from eating too much, drinking too much, depriving yourself of sleep or food, and any and all addictions. You know what you do to self-destruct.
Let's review:

The Wheel of Fear is how fear works:

You have this core fear – it gets Triggered – it drives your unconscious Fear Responses – they are counterproductive – make you feel bad – that feeling pushes you down to that Core Negative Feeling that translates into “I’m not good enough” - giving you permission to self-destruct – only proving you have to try harder to hide, avoid, deny, ignore etc your core fear.

Remember, the first thing you will start noticing is your Fear Responses. It is the easiest place to start so start creating a list of them. Remember, the more the better. If you can’t see fear, it will keep tricking you, fooling you into believing that you are the problem.

You are not the problem. There is nothing wrong with you. Fear is the problem and it has been unconsciously running your life.

When you understand the process of how fear works, the invisible becomes visible. Fear is no longer unconscious, it becomes conscious. You become aware and awareness gives you choice.

The moment you know your Fear Responses – you have a choice to change them.

You can start making proactive choices rather than a knee-jerk unconscious choices. So for right now, you don’t need to know your core fear. Start focusing on your Fear Responses.

Now I don’t want this knowledge to be shared with just you and I. I have a vision. Imagine for a moment a Fearless World; a world where everyone understands how to process fear and knows how to master it. That’s the world I want to live in. And I need your help to spread the world.

Please Twitter and Facebook the http://fearsucksvideo.com to your family, friends, and colleagues. Anyone you know who might benefit from some Fearless Living.

What I know to be true is this:
We are all dying to be seen but our fear tells us it is not safe to be ourselves, to show ourselves, to expose our true selves.

Our fear tells us that we are not worthy to get the love, to get the raise, or to find our purpose. Somehow fear has us convinced that being our true selves is too risky.
THAT IS A LIE! You are worthy. You are innocent. You are capable of embracing love, losing weight, finding your purpose, earning oodles of money, and so much more. You can be your best self. Right now.

SO….DON’T BELIEVE FEAR ANY MORE.

See you at the next video!

REMINDER: Be sure to complete the Fearbuster Exercise: Integration Questions before beginning the next video. You can find this exercise on the next page below.
Fearbuster Exercise: Integration Questions – Video 5.1

REFLECT: Ask yourself…
Please write down your description of the Wheel of Fear.

REFLECT: Ask yourself…
As you read the description of the Wheel of Fear, what insights did you experience?

REFLECT: Ask yourself…
What disempowering thoughts do you have regarding your ability to identify your Wheel of Fear? What about empowering thoughts?

REFLECT: Ask yourself…
How could identifying your personalized components of your Wheel of Fear impact your life?
Welcome to Module Five: Wheel of Fear
Video Two: Fear Symptoms

Welcome to the Wheel of Fear. We’re about to get down to work. First, I want to go over some fear symptoms. What do you experience when you're on your Wheel of Fear? This is what we are going to discover today is what is our Core Negative Feeling and what is our Trigger, because some people don't necessarily know when they are on their Wheel of Fear.

If you do any of these things, these are the symptoms of fear:

Are you ever impatient?
   That's my number one fear response: impatience.

What about exhausted?
   I'm not talking about the good kind of exhausted. You know the good kind of exhausted - you've worked hard, you gave everything you got, you go to bed saying, “ahhh.” That's not the exhausted I'm talking about. This type of exhausted just never seems to end.

   The exhausted I'm referring to is the exhausted that when you get up in the morning you're already tired. By the time lunch hits, you can't imagine doing anything else. You know the difference right? The good type of exhausted is actually part of living a Fearless Life.

What about self-righteous?
   Do you ever get self-righteous? You know, your right and everyone else is wrong and you point it out to everybody. That is a symptom that you are on the Wheel of Fear.

   Now I'm not saying whether you're right or wrong but it's the attitude you have that you think that you're right and everybody else is stupid, or not as good as you, not as bright, or they just don't get it like you do. That's self-righteous. If you experience that, you're in your fear.

What about misunderstood?
   Misunderstood is a big one. I cannot tell you how many clients come to me and say, “But Rhonda, I just feel so misunderstood. Nobody understands me.

   I know it feels true, don't get me wrong, I know when you're feeling misunderstood, it feels true like nobody understands you. The Wheel of Fear wants agreement. The Wheel of Fear wants everyone to agree with it.

   Many people use “I'm misunderstood” when people aren't agreeing with them. If you're feeling misunderstood a lot, I bet you're on the Wheel of Fear.
What about **paranoid**?

I'm not talking about paranoid as a mental illness. I'm talking about the type of paranoid that when you walk into room you just think everybody doesn't like you. Or you don’t feel invited. Or everywhere you go, you think, “what are they thinking?” Or “They are looking at me.” The type of paranoid where you are really self-conscious, and you feel like you are on display.

And really, nobody’s paying attention.

This is the good news. When you become fearless you know nobody is thinking about you. They are thinking about themselves.

If you’re feeling paranoid, trying to figure out what everyone else is thinking about, trust me, everyone else is thinking the same thing. Everyone else is trying to figure out what you are thinking about. So if you are paranoid, worried about what other people think of you, feeling like you don’t belong, don’t feel invited or included, that's the Wheel of Fear.

What about **paralyzed**?

Again, I bet we’ve all experienced that one. We just don't know how to make a decision, what decision to make, or we think we can’t make a decision. Some people call paralyzed “waiting.” I’m “waiting” for a sign, or I’m “waiting” for something to happen, or I'm just going to “wait” here.

I'm not saying that waiting can't be a fearless act. My experience is that most people replace the words “being paralyzed” with “waiting.” They are waiting for somebody or something outside of themselves to give them permission to be true to themselves.

So if you are waiting for some sign, or for permission from someone or something outside of you, before you can move forward, take a step, or be you, you're in fear.

**Shame?**

Shame is when you think that you are fundamentally wrong, that you are wrong being you. It’s not about the words ‘wrong’ or ‘right’. It’s more that shame makes you feel that there is something fundamentally wrong with you. It’s not what you are doing; rather it tells you that there is something wrong with who you are.

All of us as human beings feel shame. But if it is a regular part of your life, there’s some fear going on.

Sadly, many of us were raised with the type of discipline that uses shame. Our parents, our teachers, our mentors, people that we respected and admired, used shame to get us in line. And now, as adults, we are doing the same thing to ourselves, shaming ourselves. And that is fear.
Defeated?
I know I felt this in my life. When you feel defeated, you just want to give up, you don't see a way out and you feel trapped. That’s fear. There’s always a way out. There’s always some sort of solution. It may not be the ultimate solution, it may not be the solution you want but there’s always a way out of any situation even though it feels like you’re in a room with four walls and there is no door.

Out of control?
You don’t think you got it going on. You don’t think you have it together. You just feel like you’re powerless, you feel helpless, maybe even hopeless. You feel out of control. Your career, your relationship, your kids are all out of control. Some aspect of your life, when you’re in fear, is out of control.

Confused?
This is a big one for people. When I’m asking you the questions coming up in the upcoming videos in order to help you identify your trigger; your core negative feeling, your fear responses and your self-destructive behaviors, one of the answers you might give is “I don’t know.”

Remember in a previous video, in a previous module, I talked about guessing? I just want you to practice guessing. That is what I want you to do here. “I don’t know” isn’t a Rhonda Britten approved response. I want you to make something up. Whatever I ask you in the upcoming Fearbuster Exercises, “I don't know” is fear keeping you paralyzed and keeping you confused.

You have to decide to find your way out. And the tool for that is guessing. I know you may not be completely “right,” you might not have the most perfect answer. But it’s some answer and that’s going to help you move out of that stuck zone, and out of the confused and paralyzed place.

Overwhelmed?
Overwhelmed is similar to Out of Control. You do not know where to act or how to act, and you feel like you can’t do one more thing.

Victimized?
When you are convinced the world is against you. When you’re convinced someone is against you and that nobody has your back. When you think there’s somebody to blame for your situation that is being victimized.

I’m not saying that there isn't somebody out there that has impacted or affected the situation you're in. If you have a boss that hasn’t given you a raise, that's impacting you. Yet you feeling defeated, overwhelmed, confused, misunderstood, or all the other aspects of fear; or feeling like you can't get ahead because this boss is in your way, is fear talking.
You may not be able to get ahead the way you think you want to, the way you hope you want to, but there is a way out. Whenever somebody else is in charge of your good, of you getting ahead, your love life, you are being a victim.

This is a very common state in human reality when we are in fear. I haven’t met a human being alive that hasn’t at one time or another felt victimized, powerless, and hopeless.

So you’re not crazy when experiencing any of these fear symptoms. You’re not stupid if you experience any of these things. You’re not weak. You’re not incompetent. You are not any of the Triggers. That is not who you are.

You are being triggered. Your Core Fear is being triggered. That’s not who you are and yes, you are on your Wheel of Fear.

As we do the Fearbuster Exercises coming up, and as I go through the Triggers with you, you need to remember these fear symptoms and how they affect you. Right now, after this video is complete, I want you to jot down some situation in your life when you have recently felt a fear symptom.

And if you can’t think of a situation in your life where you have felt one of these fear symptoms recently, then jot down any time you have felt this way.

When you’re talking to your mother and it’s not a good conversation, when you’re feeling frustrated, which fear symptom do you feel? What about with your intimate relationship or maybe the lack of intimate relationship, what comes up? What about your career, your passion, and your purpose? What about play, finances, creativity and friendships and family?

I want you to scan your life and ask yourself, “Is there an area of my life where I feel impatient? Is there an area of my life where I feel exhausted? Is there an area where I feel self-righteous?” Go down the twelve fear symptoms and identify where they show up in your life. I want you to have those examples because you are going to use those examples to help you come up with your best Trigger and Negative Feeling.

We are going to stop the video now and I will meet you at the next video. What’s your assignment? Jot down the experiences and situations in your life, where these fear symptoms are popping up? I’ll see you at the next video.

REMINDER: Be sure to complete the Fearbuster Exercise: Integration Questions before beginning the next video. You can find this exercise on the next page below.
Fearbuster Exercise: Integration Questions – Video 5.2

REFLECT: Ask yourself…
Name your top three fear symptoms:

1. 
2. 
3. 

REFLECT: Ask yourself…
What have you said about yourself regarding your fear symptoms?

REFLECT: Ask yourself…
How do your fear symptoms impact your life? What are the costs?

REFLECT: Ask yourself…
How have you used fear symptoms to benefit you?

REFLECT: Ask yourself…
How could your life change if you could see other people’s fear symptoms for what they are: that the person is in fear?

REFLECT: Ask yourself…
Name one current situation where a fear symptom is evident.
Welcome to Module Five: Wheel of Fear  
Video Three: Triggers

Okay gang it is time to start discovering what your Wheel of Fear is. Now I want you to have out your Fearbuster Exercises, have those printed out in front of you. I also want you to have some extra blank paper just in case you want to do some journaling. Make sure to have a couple pens and your Fear Drawing that you have already completed with you.

Let’s start with our trigger. Now remember you need a chunk of time to do this set of videos. For those of you who are ready- if you are watching me you ARE ready, so let’s get to the trigger.

The Trigger, is the first part of the Wheel of Fear. The definition of trigger is that it is something that triggers your Wheel of Fear; that thought of yourself that you are fundamentally flawed. So if anybody looks at you a certain way and you start feeling paranoid, misunderstood, or overwhelmed- it just happened. Now again this might not appear as a thought in your brain, it eventually will when you understand what your trigger is. But up and until this point you probably haven’t had a series of words go through your brain in that moment when someone is looking at you a certain way and you are feeling paranoid or uncomfortable. You don’t necessarily hear something and yet your body reacts because your body and brain are in cahoots with the Wheel of Fear. They are all here to serve you and keep you safe.

The only reason that, that look scares your body and brain is because it is from the past. There is a trigger in your past that keeps getting reactivated. And we want to see it so that we can support it to change so that we are not triggered unconsciously. Instead we can take back our life at will, at choice and anytime.

When I discovered my trigger let’s just say it took away all my guilt and shame and all my feeling bad about myself that there was something wrong with me. I really saw the Wheel of Fear for the mechanism it is. This is a method that the Wheel of Fear absolutely believes-that it wants to keep you safe. Remember fear has a job to keep you safe.

Let’s do the first exercise to help you uncover the best trigger for you. That exercise is entitled Fearbuster Exercise: Language of Triggers.

In the blank space next to each statement you are going to write a number from 1-10. 10 being ‘oh yes this is me! This nails me.’ 1 being “I don’t relate to this at all.” Maybe it’s a 7-some of this relates to me but not everything. Or a 3- well more doesn’t relate but that one thing relates. On a scale from 1-10 ,I want you to fill in the blank.
Fearbuster Exercise: Language of Triggers – Video 5.3

Read the statements below and indicate a percentage of how much you identify with each. For example, “I’m 50% like this.” or “I’m 2% like this.” or “Oh, wow, this is me 100%.”

1. ___Extremely competitive, high achiever, yet rarely satisfied with your results. Want to be recognized as the best at whatever they do. Must be first in line. Rarely stick with one thing for long, always moving on to the next thing. Impatient with others, especially those who don’t move as fast as you do. Don’t like to risk failure, so may not jump unless you are going to be successful at it and that is not guaranteed. ______

2. ___Sudden changes in plans are hard to handle. Often repress your feelings and then blow up. Opinionated but not always clear what you want, so you may change your mind to fit in with others. May have difficulty being around children who steal the spotlight. May hide in the corner or be the life of the party. Strong need to belong. May not feel seen, heard or loved. ______

3. ___Knowledge is really important to you. May say, “You don’t have to explain it to me.” May be a person with multiple degrees. Not a particularly good listener. Values logic. May say, “I know this.” Before taking action, you need to “know” what’s coming. Don’t like being spontaneous. Being an expert is important to you. Judgmental of others, especially those who don’t have answers or the information you need or want._____

4. ___Create your own rules for life. May say, “I’m just trying to be honest with you.” Have difficulty making decisions. Want your live to be deep and significant. Not good at small talk. Don’t like pretending. Don’t want to be seen as materialistic. May use the word “real” a lot. Always looking for “the truth.” Frequently say, “Trust me.” ______

5. ___Really good at details. Very important to do things “right.” Rule followers. Want to be seen as mature, capable and self-reliant. Perfectionists who beat themselves up a lot and have trouble making decisions. Highly accountable, especially to others. Make excellent employees. Analyze everything carefully before making a decision. May say, “I can do it myself.” ______

6. ___Lots of empathy for others. Very cautious. Hold yourself back. Make yourself small. Quiet. Take everything personally. Work hard to avoid “annoying” others. Constantly evaluating others to see who will accept you and who won’t. Attracted to castaways. Want to take up as little space on the planet as possible. Do a lot of apologizing. May say, “I’m all right.” “I’m fine.” “Don’t worry about me.” ______

7. ___Always the first to jump in to help others. Have a hard time saying no. Won’t accept help. Rarely tell others what you need. Always want to do more for others than others do for you. Mostly quiet and rarely speak up. Easily annoyed by people who set boundaries. May say, “Don’t worry, I’ll take care of this.” “Oh, I’m sure it’s my fault.” “No, no, it’s my treat.” “You pick first. I’ll take the last piece.” ______

8. ___Overloaded, overworked, busy all the time. Tireless. Volunteer for everything. Never can seem to get enough done. Always multi-tasking. Love it when people say, “You’re amazing. I don’t know how you do it.” Not realistic in your time management. Hate to waste time. Incapable of doing nothing, even for a few minutes. ______

9. ___Like to be different or unique. Not very good at following through on tasks. Frequently talk about what you are going to do tomorrow or next week. Enjoy being visionaries and inspiring others. Always looking for your purpose. May be eccentric and flamboyant. Like to make their own rules. Can be excellent at sales. Ultra high standards. Love attention. ______

10. ___Like to be in control. Rarely talk about yourself. Can’t cry. Frequently think something bad is going to happen. Don’t like drama in relationships. At times may be aggressive. Little empathy for others’ problems. Hard time being vulnerable. Like to take charge. May spend a lot of time working out. ______
Fearbuster Exercise: Wheel of Fear Components-Trigger Exercise – Video 5.3

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Note: Trigger is the thing you do NOT want other people to think this of you. There is one above all else that triggers you more than the other.
Welcome to Module Five: Wheel of Fear
Video Four: Core Negative Feelings, Part 1

Fearbuster Exercise: Core Negative Feeling – Video 5.4

Core Negative Feelings

- a Failure
- Unlovable
- a Disappointment
- Worthless
- Helpless
- Foolish
- Inadequate
- Insignificant
- an Outcast
- Damaged Goods

Top 5

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</tr>
</tbody>
</table>

#1

If there are several words that rank high, ask yourself: What one word encapsulates the feeling you want to avoid at all costs?
Welcome to Module Five: Wheel of Fear
Video Five: Core Negative Feelings, Part 2

Fearbuster Exercise: Core Negative Feeling – Video 5.5

**Trigger 1**
1) If the whole world thought I was ______________________________(Trigger 1), then I would feel (like) ________________________________.
2) If __________, whose opinion matters to me, thought I was __________(Trigger 1), then I would feel (like) ________________________________.

**Trigger 2**
1) If the whole world thought I was ______________________________(Trigger 2), then I would feel (like) ________________________________.
2) If __________, whose opinion matters to me, thought I was __________(Trigger 2), then I would feel (like) ________________________________.

**Trigger 3**
1) If the whole world thought I was ______________________________(Trigger 3), then I would feel (like) ________________________________.
2) If __________, whose opinion matters to me, thought I was __________(Trigger 3), then I would feel (like) ________________________________.

**Trigger 4**
1) If the whole world thought I was ______________________________(Trigger 4), then I would feel (like) ________________________________.
2) If __________, whose opinion matters to me, thought I was __________(Trigger 4), then I would feel (like) ________________________________.

**Trigger 5**
1) If the whole world thought I was ______________________________(Trigger 5), then I would feel (like) ________________________________.
2) If __________, whose opinion matters to me, thought I was __________(Trigger 5), then I would feel (like) ________________________________.

<table>
<thead>
<tr>
<th>a Disappointment</th>
<th>Helpless</th>
<th>Foolish</th>
<th>Inadequate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Worthless</td>
<td>a Failure</td>
<td>Unlovable</td>
<td>Insignificant</td>
</tr>
<tr>
<td>an Outcast</td>
<td>Damaged Goods</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Welcome to Module Five: Wheel of Fear
Video Six: Core Negative Feeling (CNF) Exercise

Fearbuster Exercise: Trigger and Core Negative Feeling Exercise – Video 5.6

<table>
<thead>
<tr>
<th>You would be devastated if people thought you were…</th>
<th>And then you would feel…</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Welcome to Module Five: Wheel of Fear
Video Seven: Language of Triggers

Alright, do you have the one or maybe the 1-2-3 that you think are your best Trigger and Core Negative Feelings? Excellent!

Well let’s go back to the Fearbuster Exercise: Language of Triggers. I am going to give you the correct answers, i.e. which Trigger belongs to which number.

I want you to look over, go ahead and get the Language of Triggers out- where you scored 1 to 10.

**Number 1:** Extremely competitive, high achiever, yet rarely satisfied with their results, is associated with a **Loser Trigger**.

**Number 2:** Sudden changes in plans are hard for them to handle, often repress their feelings, is associated with the **Invisible Trigger**.

**Number 3:** Knowledge is really important to them, and may say, “You don’t have to explain it to me,” is associated with the **Stupid Trigger**.

**Number 4:** Create their own rules for life, and may say, “I’m just trying to be honest with you,” is associated with the **Fake Trigger**.

**Number 5:** Really good at details and it is very important to do things “right,” is associated with the **Incompetent Trigger**.

**Number 6:** You have lots of empathy for others, are very cautious and hold yourself back, is associated with the **Rejected Trigger**.

**Number 7:** You are always the first to jump in to help others, have a hard time saying no, not very good with boundaries, is associated with the **Selfish Trigger**.

**Number 8:** Overloaded, overworked, busy all the time, is associated with the **Lazy Trigger**.

**Number 9:** If you like to be different or unique and are not very good at following through on tasks, is associated with the **Ordinary Trigger**.

**Number 10:** Like to be in control and aren’t very good at crying. That is associated with the **Weak Trigger**.

I want you to look at your scores. Which ones did you rate the highest from 1 through 10? Go ahead and circle your Top 3.
Now compare it with what you have come up with already. Does anything stand out? It is probably getting a little bit clearer.

I want you to write down on a piece of paper, right now, what you secretly think your trigger is, or what you are clear that your trigger is. Also write down on a piece of paper what you think your Core Negative Feeling is.

Remember that Core Negative feeling is easier since you have actually felt that- you know that feeling. The Trigger is the one that is trickier and doesn’t want to be seen.

If you have been called one of the triggers before, for example, if you were called lazy your whole life, or if you call people lazy, then that is NOT your trigger. That is something you are use to.

Another hint that I am going to give you to narrow down your trigger is: are there any types of people that you just can’t stand? If you just can’t stand fake people, fake might be your trigger. If you can’t stand stupid people, stupid might be your trigger. If you can’t stand lazy people, lazy might be your trigger.

The type of people you don’t like or can’t tolerate, or are impatient with, or find annoying and you put down, is probably your trigger. The thing you can’t stand the most in other people is usually the thing you can’t stand in yourself. The thing that you run away from because you tell yourself that is not you.

What we are going to learn in the weeks ahead are ways to break our Wheel of Fear. The very thing that you can’t stand, you must learn to be comfortable with otherwise fear will always own you.

Getting closer?

I am going to give you one more quiz, one more set of questions to help you confirm and validate that you have found the best Trigger for you.

Now I know some of you are really scared to name your trigger. I’ve taught this information for decades and every time I have ever taught it as a workshop or in a teleclass, there is at least one person, if not 5, 10, 20, 100 people that say “I don’t think I have the right one. I don’t have the right one. I know I’ve done all the exercises and this is the one that keeps coming up. But this can’t be the right one!”

And this is what I say to them and this is what I’m saying to you: “Whatever Trigger shows up at the end of this video you are going to work with until the end of this course. You are going to act as if this Trigger is true, that this is your trigger.
This is what I know to the core of my being, that whatever trigger is the one we are going to discover for you, in this moment, in this video, right now, is the best one for you to work on. As you work with it, it will either confirm that it is the correct Trigger, or it will get very clear which one is the best one. But if you don’t work with any of them, you will never find out.

Using “well I’ve got to figure out the best one before I can actually start using it,” is a fear response. It is a way for the Wheel of Fear to have you wiggle out of mastering fear.

So you don’t get to say “well I don’t know if I found the best one for me, so I’m not going to do this until I’m sure.” If those words are coming out of your mouth- THAT’S FEAR!

I’m the expert here. I’ve done this countless times. Trust me.

Whatever is the one that comes up for you at the end of this video, I want you to work with that Trigger for the next 4 weeks. Same goes for the Core Negative Feeling. I want you to act as if. Work with the thought that yes this is my Wheel of Fear.

And to give you a little breathing space, since I know some of you are hyperventilating at the thought of that, next module we are going to go over the Wheel of Freedom. And yes, for some of you we might tweak your Wheel of Fear. There are a percentage of you that are going to discover that it was the number two trigger rather than number one trigger, that is your trigger.

But I don’t want you to rely on that. I don’t want you to go “yeah, next week we’ll tweak it so I won’t use any this week.” NO! What you find out at the end of this video you are going to practice using. Got it?

Which trigger are you going to start practicing? The one you discover at the end of this video. Which Core Negative Feeling are you going to use? Yes, the one that you discover at the end of this video.

I just want to remind you that you are not your Wheel of Fear, you are not your Wheel of Fear. You are not your Wheel of Fear.

The things that I am about to talk about are your fear responses to that trigger, things that show up for you. And remember that each of us has a Trigger and Core Negative Feeling. This is a process.

Each of us has a Wheel of Fear.

Please watch this video or listen to the audio, for more hints to help you gain more clarity and support in finding your best Trigger.
Welcome to Module Five: Wheel of Fear
Video Nine: Fear Responses

Fearbuster Exercise: Fear Responses – Video 5.9

Go down the following list and put a check mark (√) next to everything you do to avoid experiencing your Trigger—that thought that you couldn’t bear to have others think about you. The extra spaces are for additional Fear Responses you would like to add.

**Here is a partial list of Fear Responses:**

<table>
<thead>
<tr>
<th>Fear Response</th>
<th>Fear Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>Being a people pleaser</td>
<td>Surfing channels on the TV until all hours</td>
</tr>
<tr>
<td>Isolating</td>
<td>Doing drugs</td>
</tr>
<tr>
<td>Blaming</td>
<td>Bulimia or anorexia</td>
</tr>
<tr>
<td>Compromising</td>
<td>Kicking the cat/dog</td>
</tr>
<tr>
<td>Procrastination</td>
<td>Shutting down</td>
</tr>
<tr>
<td>Workaholism</td>
<td>Drinking too much</td>
</tr>
<tr>
<td>Shopaholism</td>
<td>Whining</td>
</tr>
<tr>
<td>Exercise addict</td>
<td>Arguing with anyone about anything</td>
</tr>
<tr>
<td>Being promiscuous</td>
<td>Name-calling</td>
</tr>
<tr>
<td>Apologizing for everything</td>
<td>Gambling</td>
</tr>
<tr>
<td>Making jokes about yourself</td>
<td>Lying and pretending</td>
</tr>
<tr>
<td>Being manipulative</td>
<td>Cheating</td>
</tr>
<tr>
<td>Negative attitude</td>
<td>Shoplifting</td>
</tr>
<tr>
<td>Emotional drama junkie</td>
<td>Smoking</td>
</tr>
<tr>
<td>Self-pity</td>
<td>Insomnia</td>
</tr>
<tr>
<td>Escapism</td>
<td>Suicidal thoughts or attempts</td>
</tr>
<tr>
<td>Putting other people down</td>
<td>Crying uncontrollably</td>
</tr>
<tr>
<td>Negative self-talk</td>
<td>Physical abuse to yourself</td>
</tr>
<tr>
<td>Comparing yourself to others</td>
<td>Constipation/diarrhea</td>
</tr>
<tr>
<td>High blood pressure</td>
<td>Headaches/migraines</td>
</tr>
<tr>
<td>Verbal abuse to yourself or others</td>
<td>Stomachaches</td>
</tr>
<tr>
<td>Making a preemptive strike on others</td>
<td>Heartburn</td>
</tr>
<tr>
<td>Being irresponsible</td>
<td></td>
</tr>
<tr>
<td>Overeating</td>
<td></td>
</tr>
<tr>
<td>Perfectionism</td>
<td></td>
</tr>
<tr>
<td>Giving up</td>
<td></td>
</tr>
<tr>
<td>Sleeping too much</td>
<td></td>
</tr>
<tr>
<td>Making excuses or complaining</td>
<td></td>
</tr>
<tr>
<td>Intentional sleep deprivation</td>
<td></td>
</tr>
<tr>
<td>Endless daydreaming</td>
<td></td>
</tr>
<tr>
<td>Hating yourself</td>
<td></td>
</tr>
<tr>
<td>Moving to get away from problems</td>
<td></td>
</tr>
<tr>
<td>Taking everything personally</td>
<td></td>
</tr>
<tr>
<td>Staying in an Internet chat room</td>
<td></td>
</tr>
<tr>
<td>until 3 AM</td>
<td></td>
</tr>
</tbody>
</table>

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Go down the following list and place an **X** next to anything you do to stop the emotional pain when your Core Negative Feeling kicks in. These are your Self-Destructive Behaviors. The extra spaces are for additional Self-Destructive Behaviors that you would like to add to this list.

**Here is a partial list of Self-Destructive Behaviors:**

<table>
<thead>
<tr>
<th>Overeating</th>
<th>Being manipulative</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hating yourself</td>
<td>Making jokes about yourself</td>
</tr>
<tr>
<td>Drinking too much</td>
<td>Workaholism</td>
</tr>
<tr>
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</tr>
<tr>
<td>Being irresponsible</td>
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<tr>
<td>Staying in an Internet chat room until 3 am</td>
<td></td>
</tr>
<tr>
<td>Surfing channels on the TV until all hours</td>
<td></td>
</tr>
</tbody>
</table>
Fearbuster Exercise: Your Wheel of Fear – Video 5.9

Now you’re ready to put your Wheel of Fear down on paper. Fill in the blanks:

① When I want to avoid having people think I’m ________________ (your Trigger),

② I react by (Fear Responses, “✓”, go here)
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

③ When that doesn’t work and I end up feeling ________________ (your Core Negative Feeling),

④ Then I (Self-Destructive Behaviors, “X”, go here)
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

[Diagram of the Wheel of Fear]

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Fearbuster Exercise: Wheel of Fear Journal – Video 5.9

How could understanding your Wheel of Fear be of value to you? How could it impact your life?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

1) Write down your Trigger word and Core Negative Feeling word
2) Define what each word means to you. Be as specific and thorough as possible.
   No dictionaries please. This is YOUR definition.

Your Trigger:
Please define your Trigger in your own words:

Your Core Negative Feeling:
Please define your Core Negative Feeling in your own words:

“You are NOT your Wheel of Fear.”  --Rhonda Britten