

Shift from Fear to Here using Fear Melters

Deep inside the brain, lies the amygdala, the limbic system which is constantly searching for threats to our safety. The amygdala works to protect us from feeling pain and ultimately maintains our survival. If it senses a danger or perceived enemy, it reflexes into a fight/flight response. Research has now added the freeze and faint/fawn response. When we reflex into one of these responses, we adopt a strategy that aims to protect us from feeling pain. This is a good physical survival strategy (our amygdala is what keeps us from burning ourselves with fire over and over) but our amygdala responses can get out of hand in our relationships and begin to take over and create mayhem. However, we can learn to become aware of our fear patterns, own them and shift them, so that we can consciously choose how to respond to a situation instead of constantly reacting out of fear.

The Fear Melters process was created by Katie Hendricks at the Foundation for Conscious Living. Group research has shown that doing the melter for 2 minutes is most effective.

FEAR

FEAR MELTER

<p>FIGHT: Chin comes up and out; weight is forward; your arms get tight, hands may form into fists; action speeds up, talking is faster, louder, shriller. This type of fear can be confused with anger.</p>	<p>OOZE: Begin to move slowly as if you are warm chocolate oozing off a spoon. Ooze your arms, shoulders, and hips and even your jaw; slow your words down and change your tone of voice.</p>
<p>FLEE: Part or all of you leave the vicinity; the first movement may be one shoulder coming back, or your weight moving backward; this can be accompanied by feet beginning to move and a nervous laugh. You may flee the situation mentally without even moving—like when eyes glaze over. People may use the consumption of drugs, alcohol, technology or food to flee.</p>	<p>ROOT: Widen your stance and bend your knees a little or a lot. Let your toes spread out as you imagine beautiful roots extending from your feet into the nourishment of the earth. Imagine the earth’s energy infusing you with aliveness here and now.</p>
<p>FREEZE: a part or all of your body becomes tight or stiff, may be accompanied by a nervous smile. A startle response is a freeze move. You may hold your breath and feel your thoughts freezing up.</p>	<p>WIGGLE: Begin to wiggle your fingers and toes, eventually wiggle your hips and shoulders; to unfreeze fully you will eventually need to wiggle your core.</p>
<p>FAINT: thinking becomes foggy, confused, you feel drained, sleepy; Your jaw may hang open. You feel or act “stupid”. Might feel like energy is draining out of the soles of your feet, that there’s no anchor, “feeling adrift”.</p>	<p>LOVE SCOOPS: Reach your arms out around you as if you are gathering energy and love towards you. Bring your hands towards you, touching your head, chest, belly or wherever love is needed. Focus on accessing your resources.</p>

Fear Melters®

Shift from FEAR to Here.



Fast-Aid For 4 Kinds of Fear

People experience 4 types of fear, FIGHT, FLEE, FREEZE and FAINT, in unique ways and different combinations. As you read each list below, notice what happens in your body.

Think of a current stress in your life. Then, circle words that describe your reactions. Feel free to add your own words or phrases. Your circled words point to your unique fear patterns.

FIGHT	FLEE	FREEZE	FAINT
<ul style="list-style-type: none"> ~ Defensive ~ Short-fused ~ Guarded ~ Rigid attitude ~ Pushing back ~ Triggered ~ Edgy ~ Agitated ~ Frustrated ~ Skeptical ~ Critical ~ Blaming ~ I'm right ~ Judging ~ Debating ~ Intense ~ Yelling 	<ul style="list-style-type: none"> ~ I'm outta here ~ Hide ~ Distract myself ~ Eyes glaze over ~ Gotta go ~ Avoiding ~ Pull back ~ Apprehensive ~ Try to figure it out ~ Get distant ~ Nervous ~ Worried ~ Frantic ~ Anxious ~ Dreading ~ Panic ~ Disappear 	<ul style="list-style-type: none"> ~ Freeze up ~ Feel stuck ~ Stop engaging ~ Can't think ~ Can't speak ~ Still ~ Unsure what to do ~ Deer in headlights ~ Tense up ~ Cringe, Flinch ~ Stop breathing ~ Hesitate ~ Startled ~ Alarmed ~ Petrified ~ Paralyzed ~ Terrified 	<ul style="list-style-type: none"> ~ Huh? ~ Out-of-it ~ I'm tired ~ Unsettled ~ Fuzzy, foggy ~ Overwhelmed ~ Weighed down ~ Collapsed ~ Shaky ~ Drained ~ Feel helpless ~ Cold feet ~ Fatigue ~ Numb ~ Exhausted ~ In shock ~ Burned out
Melt with OOZE	Melt with ROOT	Melt with WIGGLE	Melt with LOVE SCOOPS

Recognizing how fear shows up is the first step to interrupting your fear patterns.
To quickly shift from fear into whole body resourcefulness, do FearMelters® for 2 minutes.
Learn Fear Melters® on the next page.

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Learn more at FoundationForConsciousLiving.org