

Playing Big with Tara Mohr

15 Fear Practices for *Pachad*

Heart-Based Tools

1. **Tap into your inner mentor.** Bring her your fears and see how she responds.
2. **Invite love in.** Say a simple prayer or intention: "I invite love into this situation," or "I ask for help shifting out of fear and into love," or "May I be the embodiment of love in the room."
3. **Get curious.** In any situation where you feel afraid, ask yourself: What about the situation can I become authentically curious about? Let your curiosity lead you.
4. **Shift into another positive state.** Pick an energy – experimentation, playfulness or another – and when you feel fear, remember that energy, and call it into your mind and heart.
5. **Reconnect to your desire to serve.** Focus on the people or cause you are hoping to impact positively.
6. **Talk with your younger self.** Ask yourself: How old does this afraid part of myself feel? Picture yourself at that age. Dialogue with that girl, listening to her concerns and giving her the reassurance she needs.

Cognitive Tools

7. **Label it.** When you notice you are feeling afraid, label the feeling: *I'm afraid about x right now*. Speak the words, think them silently to yourself, or write them down.
8. **Analyze truth, possibility, probability.** Look at what you fear and ask: How likely is it that what I fear will occur? Do I have any evidence it will occur?

9. **Come back to the present moment.** When you feel afraid about a potential future outcome, turn your attention to what is happening right now. Ask, "Is there really any problem right now?"
10. **Follow the fear to the endgame.** Ask yourself: If the bad outcome that I fear came to pass, then what? What would I do? Then what?

Somatic Tools

11. **Breathe.** Place one hand on your abdomen and inhale through your nose, breathing into your belly. Feel your belly expand outward. Exhale through pursed lips, as if you were whistling or spinning a thread with your lips. Feel your belly contract inward. Take it slow and do this for several breaths.
12. **Do a physical relaxation.** Slowly scan your attention across your body, beginning with your feet and moving your attention upward. Spend a couple of breaths on each body part. Imagine any tension leaving that part of your body, or imagine sending your breath to that part of your body, allowing it to open up any tightness.
13. **Visualize or look at calming imagery.** Concentrate on a calming image. Images of loved ones, beautiful objects, or serene landscapes are also all good ideas.
14. **Use music.** Put on music that's calming or comforting to you. Ask yourself: What if I approached the situation I fear in the mood/attitude of this song?
15. **Move through it.** Become utterly present to your fear. Breathe and explore the emotions. Allow yourself to *pass through* the fear. For an audio meditation that will guide you through this process, go to www.taramohr.com/pbbookmaterials.

For more, visit taramohr.com or see the book, *Playing Big: Practical Wisdom for Women Who Want to Speak Up, Create, and Lead* (Penguin Random House).