

EXERCISE: REFRAMING FEAR INTO

Use the space below to record any actions you want to examine during the day. Then, ask yourself, is this particular action serving me or my community? If it isn't, cross it off. If it is, see if you associate any fear-based emotions with that action. After recording those, create a new, love-based replacement for those thoughts. Reread your love-based replacement when fear sneaks in.

| Action | Is this action serving me or my community? | Fear-Based Emotions | Love-Based Replacements |
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