

F E E L I N G T H E F E A R



C O M B A T C R E A T I V E B L O C K S

HELLO, FEAR.



Greeting fear, calling a thing a thing, speaking a greeting to fear once it shows up in your life seems daunting. Compartmentalizing, denial, pretending to not be afraid, inauthentically masquerading behind a fearless bravado — these are all more preferable options.

There is, however, *unrelenting freedom in greeting fear*. **In saying hello to it when it arises and admitting it exists.**

REFLECTION POINTS

1 In what ways have you resisted saying hello to your fears in past?

2 What fears do you need to say hello to in regards to your creativity and creating work you're proud of? List them here.

COMBATCREATIVEBLOCKS

SEEING FEAR.



There are different types of fear. Fear is all the same but then again it isn't. Depending on the person it can take varying forms.

For some people, for instance, fear will be in the form of procrastination. For others, a suffocating form of resistance when they attempt to do anything creative, even something they're really excited about.

Be honest. Dig deep. See the fear for what it is in your life. Name it.

REFLECTION POINTS

1 What are you afraid of? What are your fears surrounding your creativity? Make those fears plain. Dig deep and be brutally honest with yourself.

2 Dig a little deeper. You might have to let this marinate before things rise to the surface. What are the roots to the fears you listed in the first reflection point? Can you see the connection to creative fears to core beliefs you have?

COMBAT CREATIVE BLOCKS

F E E L I N G F E A R .



*Allow yourself to feel. **Deeply, irreverently, boundlessly, limitlessly.*** Allow yourself to feel the fear and how that keeps you from being your most creative self.

Allow yourself to be in that place, where fear is terrifying, paralyzing and inescapable. Allow yourself to sit with these feelings. *Allow yourself to make these feelings real.* Allow yourself to dwell in the space of discomfort with how you feel.

It is only when you allow yourself to feel, to feel your fear about being afraid, of admitting you are, that you can begin to work with fear instead of against it.

R E F L E C T I O N P O I N T S

1 How does feel fear specifically for you? Is it breathlessness? Is it panic? Is it anxiety? Is it apathy? Detail the physical, emotional and manifestations fear creates for you.

2 What ways, if any, have you tried to abate how fear manifests for you physically, mentally and emotionally? If these methods didn't work why do you think that is? If they did work, what other ways would you like to try in the future?

C O M B A T C R E A T I V E B L O C K S

EMBRACING FEAR.



Fear isn't the enemy. It is not to be avoided. It is not to be feared itself. It is not to be stuffed down or worked past. **Fear is to be held, honored and transformed.**

It is to be used to catapult you closer to who you are and more in touch with your artistry, creativity and your highest level of creative expression.

Fear is the gateway. Fear is the starting point. *Fear is to be greeted, seen, felt and embraced.* Held until it is no longer overwhelming or like a battle wound. **Held until you can gently and peacefully coexist with it in your life and still move forward.**

REFLECTION POINTS

- 1** How can you work to become more comfortable holding your fears? Why does having fears make you uncomfortable?
- 2** What is stopping you from changing the narrative and not letting fear hold such a huge presence in your creative process?

COMBATCREATIVEBLOCKS

F E A R + M O V I N G F O R W A R D .



Now is the time to journey on. Now is the time to take all your fears and look towards the future, a future where your fears no longer hold you back.

Now is the time to become fiercely committed to not being fearless but admitting you have fears, you have things that scare you and yet — you are stronger than them all. *You are strong enough to act in spite of those fears.*

Now is the time to recognize your innate bravery, tenacity and courage. Now is the time to gently coax your fears, tell them it'll be okay and focus on your gift to be given to the world.

R E F L E C T I O N P O I N T S

1 What would you, what creative project would you dive head first into, do if you knew without a shadow of doubt that you couldn't fail?

2 How can you plan to move forward on all those stalled creative projects without fear holding you back? What step of courage can you take today? Tomorrow? A week from now?

C O M B A T C R E A T I V E B L O C K S

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