

the
loudest
guest
workbook

*How to change and control
your relationship with fear*

DR AMY SILVER



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Amy is a psychologist, mentor and speaker on the control of fear for high performance.

Amy facilitates executive teams to build psychological safety, trust and courageous communication to enable remarkable performance. She has powerful organisation-wide programs for those who want to strive courageously towards their goals.

She has decades (ouch!) of experience helping people have more courage and to have courageous conversations safely. She firmly believes a better world is possible if we can master the fears that stop us from being the best version of ourselves and if we can learn to tame the fears that continue to cruelly divide us from each other.

Amy's passion for helping people manage their fear was solidified in her doctorate which looked at how fear tells people what to do. Amy has a Doctorate in Clinical Psychology, Masters in Forensic Psychiatry, Masters in Performance, Bachelor with Honours in Psychology and further therapeutic training in cognitive therapies such as Cognitive Analytic Therapy, Compassion Therapy, Acceptance & Commitment Therapy. She has published widely in academic journals and more accessible magazines and now publishes fortnightly in a popular business-focused blog/vlog called Silverlinings. She is a contributing author in many books including the acclaimed Oxford Handbook of Behavioural Experiments (for Oxford University), Unite (ed. Julia Steel) and Amazon bestseller What's Next? (Hagen, Butler and Hodgson). She is the author of Conversations Create Growth and The Loudest Guest: How to control your fear. Amy is also the Founder of The Courage Club, the place to outgrow your fears.

Amy Silver



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And....of course join us at The Courage Club, the place to move past our fears. The community is growing daily, and we are waiting for **you**!

www.DrAmySilver.com/the-courage-club



About The Courage Club

Join us at The Courage Club...it really is the place to play! Have you heard this saying - That the definition of hell is that when you die, you meet the version of yourself that you could have been if you'd reached your potential....ouch! Powerful isn't it??! To think that you might be playing a smaller life than you could....

- Do you think you could play bigger but have never mastered how to?
- Perhaps you used to play bigger but something or someone stopped you?
- Do you recognise that if you were more courageous you would live a fuller or more fruitful life?
- Do you wish you could speak up, show up or stand up for more?
- Do you think you spend too much time worrying?
- Do you want to stretch outside your comfort zone but not sure how to do it or need support?!

Very often, we know what the thing to do is that will help us move to that best version of ourselves but it's hard to do! Moving from avoidance to action is the key. To do this in a place where everyone is practising the same, is powerful. The Courage Club is the safe space for you to learn and grow.

Come and discover a world-class video series, access to Amy, live events, an amazing network of likeminded courage clubbers, and a app with the prompts you need to make this real. The Courage Club community stretches together to close the gap between where we are and where we could be

Join our mighty network of people reaching beyond their fears. Together we can achieve remarkable things. I promise you won't regret it!!!

We have the power to look deeply at our fears, and then fear
cannot control us.

Thich Nhat Hanh ¹

How to use this work book

This workbook is designed to be used with the book *The Loudest Guest* (available through all book and online book shops). I want you to change your relationship with fear so you can master yourself, get more of what you want and experience more peace within your mind. I invite you to print this out and use it as you progress through the book. It has all the reflection questions that are in the book (with a few more) but with more room to write. There is of course, no end to what you could write so please don't limit yourself to use the space here. If you want to use a separate journal instead I would encourage that. If you like the idea of a workbook you can print out then please print away!

Are you ready to change your relationship with fear?

Are you ready to loosen the control fear has over you?

Then.....let's go!





Chapter One - Fear

Tick the statements you agree with.... ✓

I feel that more courage would be good for me or those around me

I find myself feeling irritable, frustrated

Others describe or experience me as snappy, dismissive, aggressive, defensive (anger-related feelings)

I feel limited by others or by circumstances

I am prone to anxiety or anxious thoughts

I am prone to worrying, ruminating, being overly concerned with something or feeling hesitant, embarrassed, scared (fear-related feelings)

I desire to do something but worry I couldn't, shouldn't or that I will fail

I talk myself down either out loud or in my head

I aspire for things my fear inhibits

I feel that there must be more to life but I seem to get in my own way from really 'letting go' into my life

I am too 'in my head', full of doubt, regret or indecision about what the 'right' thing to do is

I spend too much time thinking about what people think of me

I want to explore how much fear is controlling my choices in life

I feel pressure to succeed or achieve, I need approval, or I create unrelenting standards

I would like to say more to others about what I am feeling to create deeper trust or connection

I would like to give people better feedback so they can grow but fear the repercussions





I have a fear of missing out (FOMO) that drives me towards taking more on or feel sad if I am not included or able to partake

I have perfectionist tendencies

I would like to be more creative or innovative in my thinking, doing, making

I would like to do something but it seems too scary

I experience intimidation

I notice others doing challenging things with more ease than I do and wonder how they do it

I wonder what life would be like if I was able to stand up, speak up and show more in my world

I need to break free from something or someone but I don't have the courage

I self-sabotage my success because I feel unworthy or likely to fail anyway

I have the habit of saying yes when I mean no (or the other way round!)

I don't feel noticed

I want to teach those around me how to live their best life unlimited by self

I don't feel it is easy to put myself first

I want to feel in control of my emotions rather than them controlling me

I want to lead myself courageously

I want to lead others courageously

I have had enough of fear controlling the world

TOTAL number of boxes ticked

NB: There is no scale for this, but what did you discover from this exercise? What do you want to do next? What do you want to track? How does this exercise help you?





What is fear? What does fear mean to you?

Blank yellow area for writing the answer to the question: "What is fear? What does fear mean to you?"

What is your most common behavioural response to fear? In other words, what do you do when you feel fearful?

Blank yellow area for writing the answer to the question: "What is your most common behavioural response to fear? In other words, what do you do when you feel fearful?"

When or where do you feel fearful? Are there any specific scenarios you can name?

Blank yellow area for writing the answer to the question: "When or where do you feel fearful? Are there any specific scenarios you can name?"





Are there any people (specific or stereotypes) who trigger a fear response in you?

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How much does fear prevent you from making changes? Or from being in changing or uncertain situations?

Blank yellow response area.

What else triggers your fear?

Blank yellow response area.





How do you manage fear? What do you desire to do to help you when you are fearful? For example, avoid eye contact, close relationships, difficult conversations, speaking first, avoid asking for help.

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Where can you see your capability or outcomes are limited by fear?

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Can you see where fear helps you? What strengths it gives you?

Blank yellow area for writing.

Can you see where other people's (name different individuals you know) fears help or hinder them? What patterns can you see?

Blank yellow area for writing.





Where do I see fear controlling me and at other times it just commenting?

Summary of Chapter 1

Fear has the potential to be a thunderous voice in our heads – the loudest guest in the party of our life. It has some disturbing physical and cognitive symptoms and can exert dominating behavioural control. Changing our relationship with our fear from the controller to the commentator is essential if we are to be the best version of ourselves as individuals and in groups. It is time for the lessons of academic and clinical psychology to be in all our hands so we can learn the way to listen to fear. We want to use fear's wisdom but move to a position where we control it rather than fear controlling us.





Extra notes page





Chapter Two - Recognition

What do I want? Write a few words or sentences about your goals in these (not exclusive) dimensions of your life:

● health

● wealth

● love

● family

● environment

● contribution to community/world

● fun

● space

● friends

● spirituality

● career

● personal growth





How much does fear prevent me from achieving my potential?

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What do you know about when your fear happens?

Blank yellow response area.

What triggers your fear?

Blank yellow response area.

What physical symptoms do you have?

Blank yellow response area.

What are the early warning physical feelings that you recognise?

Blank yellow response area.

Where do you feel fear?

Blank yellow response area.





What do you do just before a potentially fearful event? You may find it helpful to run some scenarios in your head to find out how you 'prepare' yourself. You are trying to recognise false ways that you keep yourself protected, that in the long term actually make it harder for you to find a way to move past your fears.

The last time you felt fear, what was it telling you to do? You're looking for ways in which fear tries to control your choices e.g. telling you to avoid or to lash out

How did you respond? You're looking for ways in which you relinquish your control and hand over to fear.





One of fear's commands is that we must be accepted by those around us at all cost, especially those who are powerful. As with most of its messages, there is some value in the idea. Reflect on whether any of these ring true as behavioural habits for you?

- Saying yes too much
- Avoiding becoming emotionally close or being dependent in case you get let down
- Leading with scepticism, not with trust in case you get hurt
- Handing your power to protectors
- Not saying what you think
- Not pointing out mistakes made by others
- Favouring being polite over being constructive
- Not letting people see the real you, just the perceived palatable version
- Playing small so you don't stand out
- Smiling when you don't want to or even want to scream
- Avoiding people who may reduce your likelihood of acceptance by others
- Avoid eye contact/conversation
- Avoid others' attention
- Talk to fill the silence
- Try not to stand out
- Agree when you don't agree
- Stay silent even though you have an idea
- Smile to hide your fears
- Use humour to distract yours or others' attention
- Use a substance to numb the fear e.g. smoking, drinking





Tools of recognition:

Head to www.DrAmySilver.com/resources to:

- take a quick quiz on fears and our connection to fear. Work through the report results.
- download a three-minute breathing space
- download the body scan - A body scan will talk us through focusing on our body from our toes to the crown of our head. It can help to recognise what is happening within the body.
- Write in your journal - the act of writing will help us start to shift our relationship between ourselves and our thoughts/feelings. I always find it weighs less when it is on paper than in my head.

Summary of Chapter 2

The skill of recognising ourselves, our goals, our fear, the way fear is triggered and our fear profile will help us build a great assessment. The more we know our fear, the more we have as clues on what to do with it. Avoidance is one of the ways we block developing our control of fear. Spending time with ourselves using the methods and questions outlined in this chapter, will help us build a great understanding of ourselves and our fear voice. Building a vocabulary, finding our voice, framing the experience of fear in our own words will help us to understand this significant emotion. We want to understand how it helps and how it hinders our goals and achievements. It is not always easy to turn towards our fear, but it is necessary to change our relationship and control it. This recognition will put us in a fabulous position to move onto the next stage of the controlling fear cycle.





Chapter Three - Self Compassion

Use these questions to learn ways to evoke self-compassion. If you create an understanding of how to create self-compassion, you will be able to call on it to help you through difficult feelings or experiences.

What can I see/hear/feel right now that gives me comfort or pleasure?

What can I do right now that will feel good?

If someone who loves me was here, what would they do right now to nurture me?

What would the guest of self-compassion say to the guest of fear to soothe it?





If my physical fear system is activated what can I do or use to calm it down?

How to I keep my general level of relaxation? What things do I do which prepare my body for the best state (good eating, sleeping, moving, generally relaxing things such as yoga, meditation, reading, walking etc.

Summary of Chapter 3

Millions of years of evolution designed us to experience feelings in order to survive. While not always accurate guides, we cannot block their right to accompany us in our lives. Making friends with our fear is an essential part of the process of enabling our feelings to travel through us with little control. Blocking or fearing our fear, simply makes fear shout louder. If we can welcome fear to the party, we can let it enter with less distress, turn towards it, hear its warnings and soothe its concerns.





Extra notes page





Chapter Four - Separation

Use these exercises with care as they can unearth issues we hadn't thought of, or we may uncover something we have previously tried to blur. Dedicate particular time and do it with a pen and paper in a journal, or through a conversation with someone. Set a time limit, depending on how deep we want to go.

Start by drawing a long horizontal line across a page. Place your birth year at one end and the current year at the other, marking out one or five-year increments across your life. Above the line write important facts that occurred in that period, e.g. changed schools, met X, finished training, Y died. Below the line, write notes about how you think these events impacted your relationship with fear.

What did you interpret about this event that relates to fear, vulnerability, safety, security, change, difference or loss?

This exercise is likely to take between 15 minutes and two hours, but there are no rules on this one. Let your conscious and unconscious mind play with the information while getting on with other activities. I'm a fan of letting my brain sort things without my full attention, as it seems to work better when I'm out of the way. You may find new ideas, memories or information and create new patterns in preparation for the next step.

Return to the line for a second visit to review or continue.

If you want to review, what do you see?

Try and stand outside the process and look at this line as if it belongs to someone else. What patterns do you notice?

Are there any themes?

Do distinct moments stand out in relation to fear?

Can you see a continuation of stories or schemas that started early in your life?

Do they feel like they are the truth?

Can you see how your relationship with fear formed, was maintained and continues?





My fear timeline

A large yellow rectangular area for writing a fear timeline. A vertical gold line runs down the center of the page. The word "now" is written vertically on the right side of the line, and the word "early" is written vertically on the left side of the line.

now

early





Allowing time to do this exercise will uncover a few strong beliefs about fear and where they started.

These starter sentences may be helpful:

- The world is...(e.g. dangerous, predetermined, safe, unhelpful, positive)
- Others are... (e.g. unforgiving, unsafe, critical, necessary, saviours, abandoning, supportive)
- I am....(alone, better than others, damaged, worthless, stupid, resilient)

Extra reflection question:

Can you see how any of these core beliefs are still present for you today?

This is a deep exercise to do so please take your time and perhaps use several sittings. It is often a train of thought that continues well into the future. Even if there are painful pieces of your timeline, it is important information to help you stay compassionate and separate from your fear. Using this meta-awareness of looking down on your life from above, brings in another perspective, a less emotive one.

Even if you don't find notable events that have created crucial core beliefs, it is worth opening your mind to the subtle and sometimes not subtle worlds we move in. For example, adverts on television, conversations with particular people, or even specific environments (e.g. formal rooms, a bar, a large circle of people). It is interesting to unpick the fears from our stories, understanding what belongs in the past, what is created by the situation we live in and what is within our control and not necessarily your future.

By turning towards our own story we allow ourselves to see how fear is telling us to view our 'now' using the lens of the past rather than evaluating the current moment from a less biased perspective. If we understand this tool fear uses, we can remind ourselves to stay in the now and focus on what we think rather than what fear wants us to think. Separating our 'now' from our story is a powerful way to create new habits.

A word of caution is that as we start to unpack our stories see the repeated patterns that we have played out, see the origin and the characters that form the story, we can start to get critical of ourselves for having stuck to the script for so long. Remember the critical voice will be moderated by the compassionate voice and therefore it is important to remain in self-compassion as we review our past and our core beliefs. Our core beliefs are created because at the time they made sense. Instead of being angry with ourselves or others for perpetuating the story or resentful or regretful for the story's hold on us, look to being compassionate to yourself, your past self and your future self.





Where/when am I vulnerable to feeling unsafe?

Blank yellow area for writing the answer to the question above.

What are the themes?

Blank yellow area for writing the answer to the question above.

Where does my fear come from? When fear comes to the party, what does it remind me of?

Blank yellow area for writing the answer to the question above.

What do I believe about myself, others and the world that fuels my fear?

Blank yellow area for writing the answer to the question above.

Summary of Chapter 4

There is a need for us to separate ourselves from our fear. We can separate the fear that we are having now from the fear that lives in the past or the future. We can separate our fear from the message that it is trying to give us and the actions we choose. We are the host, not any of our guests. By creating distance between us and what is happening in our body, we make room for courage.





Extra notes page





Chapter Five - Evaluation

Have a go at recording some of your FATs. Use the examples in the book to see if you can grab what your Fear voice is saying and how it impacts the behavioural choices you are making to try to appease the voice?

Here is an example

Fear Automatic Thoughts

Other people are smarter than me

Behavioural choices that appease the FAT (in the moment but not in the longer term)

- Don't give my opinion
- Apologise before I speak, 'Sorry can I just say...'
- Avoid eye contact at a meeting
- Agree with what others say
- Pretend to understand when I don't
- Focus on my papers and avoid direct communication
- I won't question something that doesn't seem right because I probably don't understand
- Hide mistakes





Your turn....!

Think about real examples to find your FATs or print this page out multiple times and keep it with you so you can really grab it when you feel fear. The more of your FATs you grab, the better your understanding will be.

Fear Automatic Thoughts

Behavioural choices that appease my FAT
(in the moment but not in the longer term)





Next, we want to evaluate this FAT, is it true and perhaps more useful a question, is it helpful?

At the top of a clean page, take the Fear Automatic Thought (FAT) that seems to link most to the emotion of fear for a specific scenario and write it down in speech marks – it is fear talking.

Ask yourself how much you believe it.

Give it a score out of one hundred.

Rating it is important as we want to see if any of the following techniques shift the number.

"FAT"

I believe this FAT x%





What evidence do you have that the fear statement is true?

Blank yellow response area.

What evidence do you have that the fear statement is not true?

Blank yellow response area.

Does your FAT relate to this specific situation or does it belong to a situation in the past?

Blank yellow response area.

Is there a fairer and more moderated version of this FAT? Does that allow for a little less harshness?

Blank yellow response area.

How would your best friend respond if they heard this FAT? Would they have any counterarguments?

Blank yellow response area.

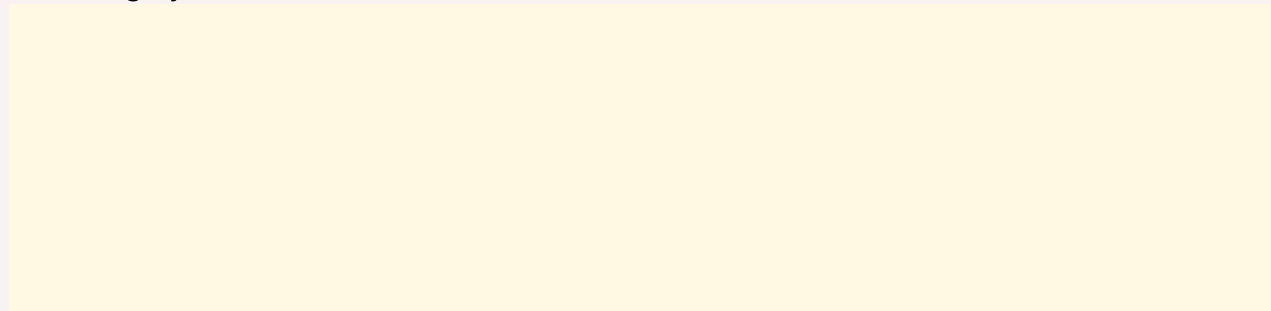




Is this FAT is useful?



Although you will probably want to immediately, answer, 'no, it is not useful!', I'd encourage you to think about where the value is.



You will answer either:

Yes! - If there are strong reasons why it is useful, perhaps keep it! For example, 'I fear that smoking will give me cancer'

Maybe! – If this is what you answer, look for a message within your FAT.
Can you distinguish between the message and the hyperbole?

The message is the important bit, the rest is just your fear voice trying to make themselves noticed. Extract the message and use that instead of the dramatized version.

No! – If you see no use for your FAT, fabulous! Let's move on!

Has your belief in the FAT changed?





After you have evaluated the truth and the value in your FAT, return to the original FAT and re-rate the strength of belief you have in it, out of 100 again.

"FAT"

I did believe this FAT x%

I now believe this FAT x%

Rather than my original FAT, I have this more moderate belief:

that I believe x%





What are my reflections?

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What can I use from this moving into future evaluations?

Blank yellow area for future evaluations.

This is your opportunity to go a little deeper into why you believe what you believe. The goal is to keep building an understanding of what fear is saying and where it comes from.

This can help us when it comes to evaluating the difference between our habits and our 'now'; and it can help us understand how we can disentangle ourselves from the fear we feel.

Essentially, this is our space to ask any question that enables you to get underneath the immediately accessible narrative.

Use the example of fearing speaking in the book to work out what FAT you wanted to shift on. And ask yourself a set of questions to deepen your understanding but change the wording of the question to make them fit your context.





What's so bad about my FAT
if it happened to be true?

So what? What is the worst
thing that could happen?

What if your answers so far
are true?

What would be the worst thing
about that?

What would it say about your
future if it was true?

What would a friend or
someone you love say if they
heard this FAT?

What would you say to a child
or someone you cared for if
they believed this FAT?





Do any of these core beliefs ring true for you?

And if so, can you find a different sentence that has more flex in it or is a little less mean?

I'm a failure	
I don't have value	
I'm not enough	
I am boring	
The world is dangerous	
People are dangerous	
I will collapse	

Summary of Chapter Five

Evaluating the truth and value behind our fear voice helps us find the key messages our fear is trying to give us. Understanding common themes can help us see whether fear is using examples of things that are long gone to colour our perception of what is happening now. Keeping our mind on the power of our core fear beliefs can help us decide what we want to attend to and what we do not. Some core fear beliefs may also need evaluating for truth and value.





Extra notes page





Chapter Six - Decision

How is fear reducing your goals?

Imagine there is a miracle overnight. The Courage Fairy comes to visit and sprinkles sparkly fairy dust as you sleep. This dust has the incredible ability to quieten your fear voice. Unlike the Tooth Fairy, the Courage Fairy doesn't leave a note to say she has been. So you wake the next morning, dress, start work, talk to people, and get on with your day.

What is the first thing that happens in your day that makes you realise the Courage Fairy has visited you overnight?

What are you doing that is different from yesterday?

What do you notice about how you are being, what you are doing, what you can have?

How do people respond to you?





What do other people see/hear that make them realise the Courage Fairy has visited?

Blank yellow response area.

What can you achieve because of these changes?

Blank yellow response area.

How do you feel physically and emotionally?

Blank yellow response area.

What is happening in your thoughts?

Blank yellow response area.





Can you make any decisions about your goals at work?

What goals can you add to your day/week/month/year if you approach life with your courage fairy dust?

Can you imagine yourself in the top job? Why/why not? (just check there is no fear there)

Are you ambitious? Why? Why not?

Can you see what this organisation needs to help it in its efficiency, profit, service, engagement? Are you able to say so?

Are you able to point out bad behaviour at work?





What would you like to do to earn money?

Blank yellow response area for the question: "What would you like to do to earn money?"

What would you like to do to make a difference?

Blank yellow response area for the question: "What would you like to do to make a difference?"

Are there projects you would like to be involved in at work?

Blank yellow response area for the question: "Are there projects you would like to be involved in at work?"

Would you ever consider running for office?

Blank yellow response area for the question: "Would you ever consider running for office?"

Would you like to be considered for something at work that you currently aren't in the running for?

Blank yellow response area for the question: "Would you like to be considered for something at work that you currently aren't in the running for?"





What if you tuned into courage instead of fear, would your answers be different?

Fun goals – have you ever or would you ever? Why? Why not?

- Diving off a diving board
- Joining a club
- Volunteering
- Mountain biking
- Karaoke
- Create
- Showing something you've created to someone else
- Organising an event for friends
- Comedy course or open mic night
- Skydiving
- Paddleboarding
- Going to a comedy show
- Swim in the sea
- Bake bread
- Doing something on your own (e.g. eating in a restaurant or going to the cinema)
- Taking a class in something new (e.g. pottery, poetry, dancing, painting)
- Telling someone you admire that you admire them

and...and...and!

Of course, what one person finds fun, another wouldn't. I would love you to look at the list as a way to generate some ideas for you about things you could do.

How much does fear determine what you think is fun or not? (check what courage would say about these ideas?)





What do you think the relationship between lack of interest and fear is?

Blank yellow response area.

How would a person discover more about whether fear was contributing to avoidance of a new activity?

Blank yellow response area.

How open are you to finding new fun goals?

Blank yellow response area.

Choose some areas of your life to focus on. It may be your physical environment, profession/career, money, health, me-time, love, relationships, romance, sensuality, sexuality, family, friends, social, personal growth, recreation, spirituality, learning, new friendships, interests – or anything else you wish.

Large blank yellow response area.





In the next six months, I would like to achieve: (choose 1-3 things you want to focus on and make sure your goals pass the tests in the book e.g. not dead mans goals, SMART goals)

For each of these goals, how does fear start to get involved? What does fear want you to do? Imagine that fear does not have a voice – how would your goals differ?

What are the advantages of being habitually fearful, for you/others?

What are the disadvantages of being habitually fearful, for you/others?





What are the advantages of being habitually courageous, for you/others?

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What are the disadvantages of being habitually courageous, for you/others?

Blank yellow response area for disadvantages of being habitually courageous.

What have the last four questions helped you see?

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Summary

Fear wants us to stay in the same place as it does not want us to take the risk of change. A certain amount of discomfort goes with risk. Are we prepared to make decisions that move us towards a more courageous future self? This chapter showed us how to clearly articulate our goals, and question how much fear tries to moderate those. Making a clear decision to place courage over comfort is required. I invite you to use the following contract as a way to commit to this journey. If it is helpful, find a witness, someone who will safely help us tune into our strength, not our fears.

Contract

I am prepared to experiment with approaching fear and therefore having the experience of discomfort, rather than avoiding fear in favour of comfort.

Signed:

Date:

Witness:





Extra notes page





Chapter Seven - Experimentation

Think of something you fear and would like to work on. Specifically think about something that you are aware of that if you could move past this fear, your life (or others' lives) would be better. It could be something like speaking in public, putting yourself first, saying no or saying yes or telling people what you think. Please do not move into self-criticism by making a harsh, cruel, endless list of things to work on. Stay in self-compassion and pick one focus for this exercise, the more specific (person, time, place) the better. Once you have a fear you would like to work on (your motivation needs to be pretty high), spend some time making sure you feel you understand what fear chooses for you to do when it is in control trying to keep you safe.

If you can see any value in flexing off fear's choices and onto yours, we can set up a behavioural experiment. What would be possible if you started to take control rather than fear? What would the ultimate (specific, measurable, achievable, realistic, time-sensitive goal) be? If that becomes number 10 and where you are now is 1, fill in your notches in between with scenarios graded on how uncomfortable you would be to push past what fear wants for you. See below for an example and fill in your own version with your own completed notches in your journal or a piece of paper you can keep while you complete this task.

You may discover as you fill in the 'notches' that there is too big a jump between some, so add a few extra steps. It does not need to be exactly 10 notches if you end up with 13 or 8 that is fine. The hierarchy must make sense to you, it does not need to make sense to anyone else as it is based on your fears, not theirs.





My goal for the hierarchy

What would you like the outcome to be (what could you do/what is your goal?)

Why is this a worthy goal for me?

If fear was in control, what would s/he say you should do?





My graded hierarchy plan for my goal

10 - the goal:

9

8

7

6

5

4

3

2

1: my now





What do I think will happen in this experiment?

Blank yellow box for writing the answer to the question above.

After the experiment ask yourself:

What happened?

What did fear say?

What did fear want me to do?

What did I choose to do?

What did I learn?

Summary of Chapter 7

Committing to experiment with our behaviour takes this from a theoretical to a practical advancement. We will be able to do this. The tools in this chapter help us avoid fear's choices and help us master the discomfort of working against our fears. It is a powerfully addictive habit to chase our fears. It is a joy to find new edges to our limits and new paths to climb.





Chapter Eight - Next

What examples do you have of times you have chosen action over avoidance (even though it was uncomfortable)?

Ask yourself the following questions to find the strength-focused strategies you used. What did you do that helped make this happen? Before, During, After?

What did you learn about yourself, your goals, your fears and your control them?

What do you feel now? (through the lens of different emotions e.g. pride/love/self-compassion/excitement)





Ask these questions to 5 people close to you (print this off or email them the questions with a preamble that explains why you are doing so).

It can be the most eye-opening experience and help you recognise how you are limiting yourself. Your survey might be done via email or face-to-face. Start only with people who value you and who will tell you the truth because they care about you. Or make up your own survey to make it relevant, or you may find some of these questions useful.

What characteristics would you use to describe me to someone who does not know me? (provide a list)

Do you ever see me get in the way of my own potential? How?

How do you know when my fear has been activated?

What do you think I could do if I was more courageous?





Extra notes page



WE WANT YOU IN THE COURAGE CLUB

If you feel you have learnt from THE LOUDEST GUEST and you are hungry for more shared support, learning or experiences, please come to our community of like-minded fear chasers!

With a world-class video series and access to Amy, live events, an app with the prompts you need to make this real, in The Courage Club community we stretch together to close the gap between where we are and where we could be

Join our mighty network of people reaching beyond their fears. Together we can achieve remarkable things. I promise you won't regret it!!!

"ONE OF MY BIGGEST LEARNINGS WAS TO SEPARATE MYSELF FROM MY THOUGHTS AND ACTIONS WHICH, FOR ME, TOOK ALL THE GUILT AND BLAME AWAY AND ALLOWED ME TO ACKNOWLEDGE THE PROBLEMS AND THINK OF ALTERNATIVE SOLUTIONS WHICH I 'COULD' TRY RATHER THAN FOCUSING ON THINGS WHICH I THOUGHT I 'SHOULD' BE DOING."

"I GAINED CONSCIOUSNESS OF MY BEHAVIOUR AND THINKING THAT REALLY ENABLED ME TO STEP OUT OF THE DAY TO DAY AND THINK WHAT WAS BEST FOR WORK AND FOR ME."

"I AM CONSCIOUSLY FIGHTING ANY DEMON I SEE WHICH IS HOLDING ME BACK."

"DR AMY PROVIDES SOUND NONJUDGMENTAL ADVISE TO HELP YOU DIG DEEPER INTO YOUR OWN THOUGHTS TO EXPLORE WHAT MIGHT BE HOLDING YOU BACK OR CAUSING RESERVATIONS TO PURSUE THE DIRECTION YOU HAVE ALWAYS WANTED TO."

"I CHALLENGED MYSELF TO HAVE CONVERSATIONS THAT WERE UNCOMFORTABLE AND I SURVIVED!"

"I GAIN GREAT INSIGHTS, IDEAS AND MOTIVATION FROM DR AMY'S COURAGE CLUB."





“YOU ARE THE HOST”

DR AMY SILVER