

Dance from Fear to Love, Anger,

How do you go from fear to?

From:

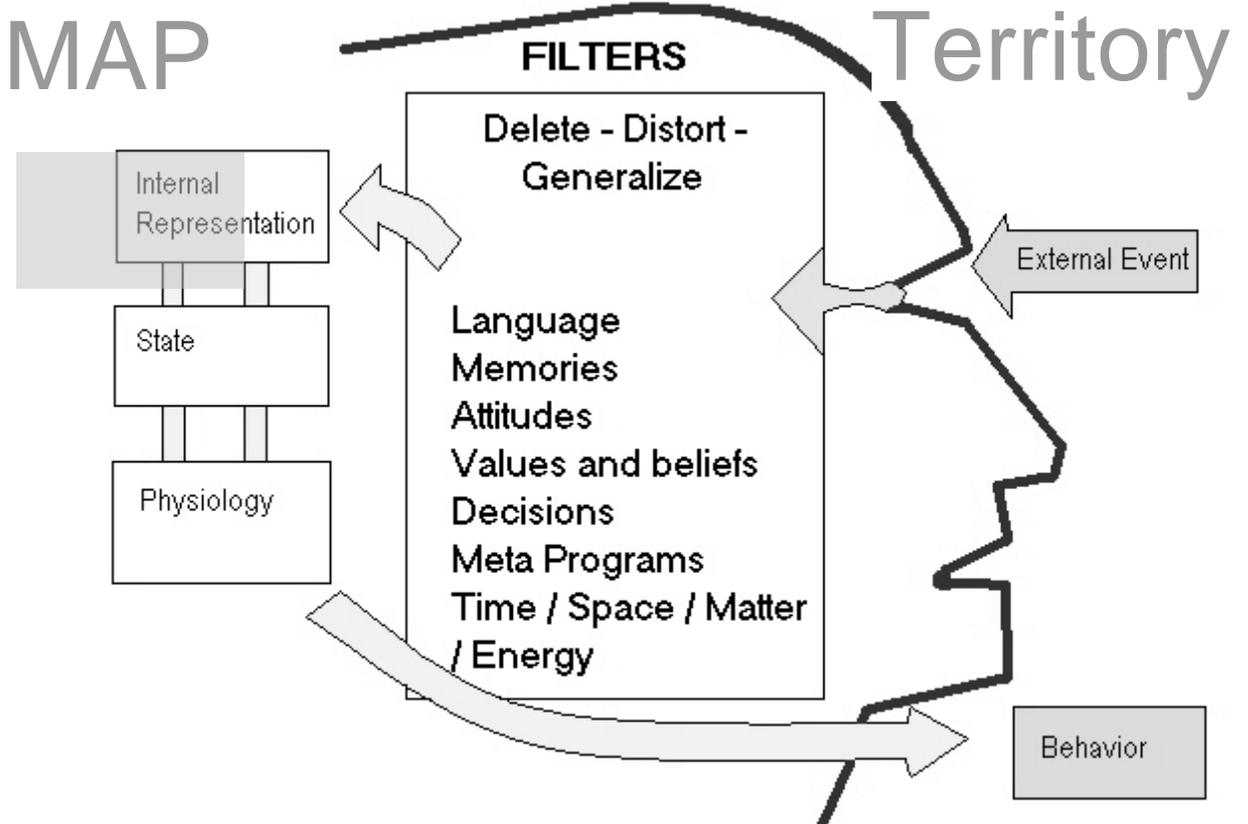


Good and new

Exercise 1: 3 minutes writing individually in the circle, 5 minutes central sharing and conclusions.

The internal representations. Write 5 words on this paper which come in your mind associated with 'fear':

1.;
2.
3.
4.
5.



What do you think? How many words are written by every one? 1, 2, 3 or 4?

How many words are written by every one in reality?

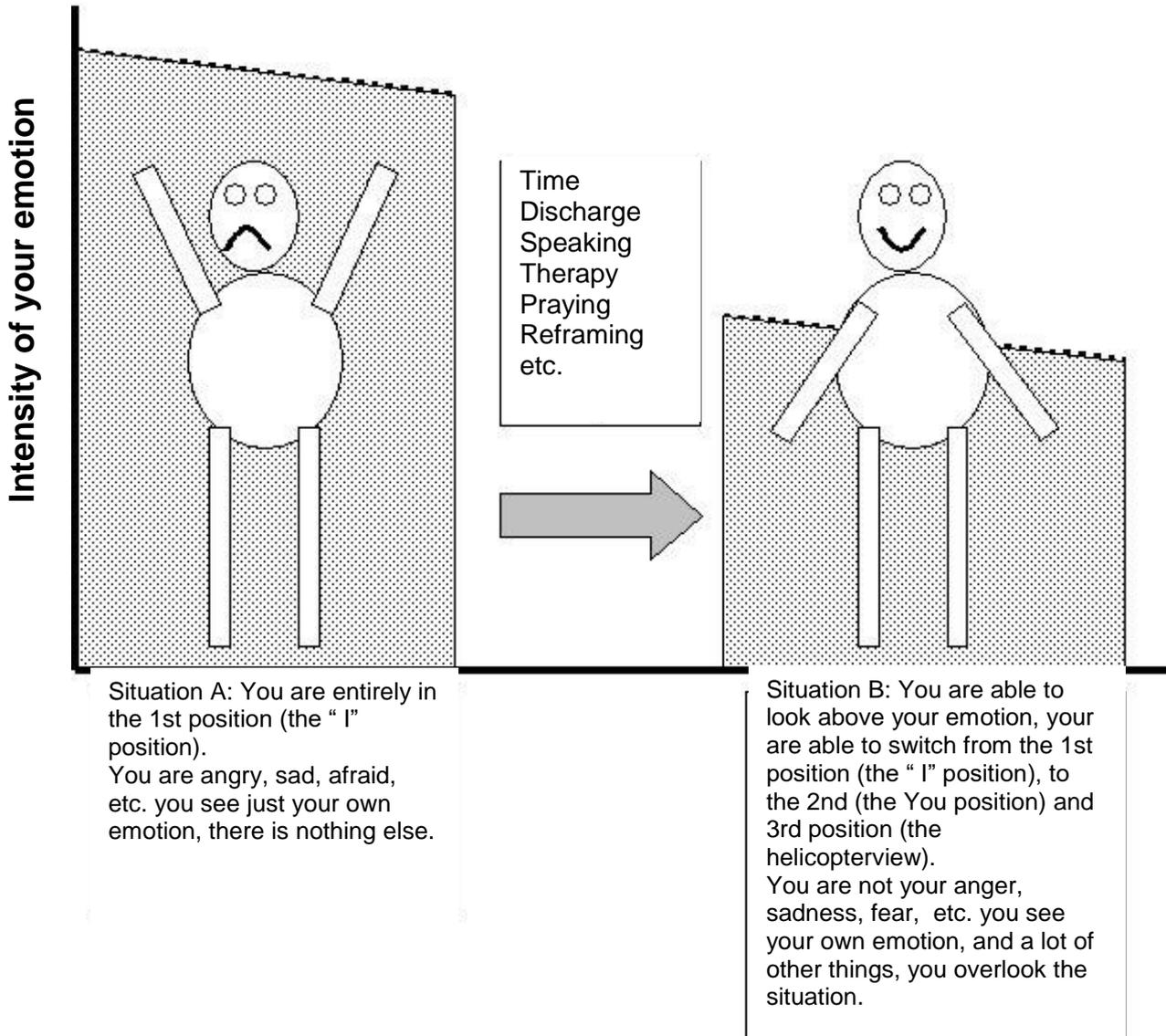
The conclusion is:.....

(look to the scheme of the internal representation).

So if you want to change your internal representation we have to change

The map is not the territory.

Emotion change:



Excercise 2

Make a list of fears that you would like to decrease:

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Excercise 3

Make a list of fears that you like because they have an important function:

2.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Excercise 4

In pairs. 5 min each way.

Make a movement connected with fear following your own internal representation and slow it down. There may be a movement pushing away, protecting yourself, or,

Repeat it and tell your coworker what you feel or what memories come up.

Share your experience if you like in the circle.

Excercise 5

Session in pairs 15 minutes each way about one or more memories associated with going fear and handling with fear.

Suggestion to the worker: spend equal time to discharge and to empower yourself. Take at least one minute to come back.

Questions which may be useful for the coworker to put:

- Can you describe literally what happened?
- What is the feeling/state it gives you?
- Which movement is associated with this memory? (physiology)
- What kind of behavior did you perform?
- What were your blocking or weakening believes?
- What would you like to say to yourself to accept that you did the best what you could do at that moment?
- What could you learn from this event?
- What can be the empowering believes you can take with you from this session?
- What are your qualities that made this session possible.

Break with dance music. Free movement.

Exercise 6 Circle of happiness in pairs look to somebody who you don't know. 15 minutes each

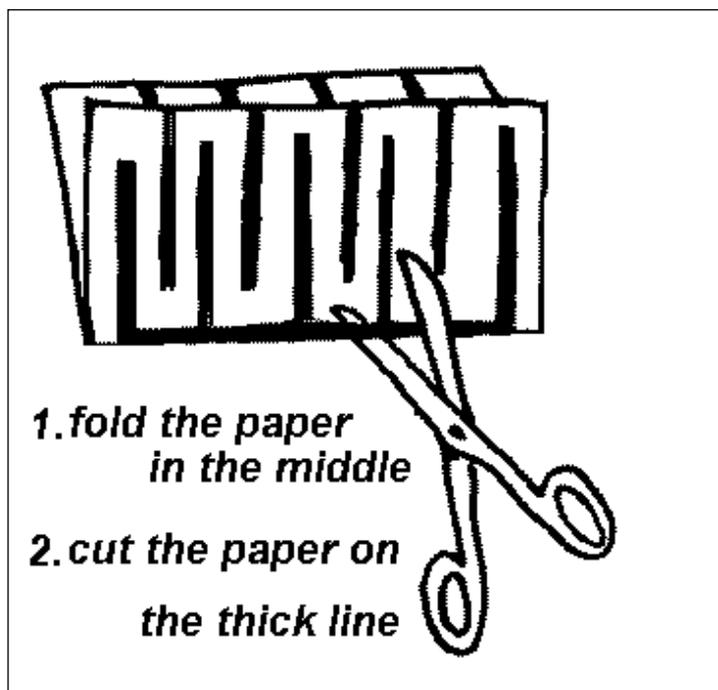
May be you think it is impossible to create a circle of happiness from one A4 for yourself in which you can step into and where you will get the feeling of happiness easily?

To cut this circle of an A4, look to the figure below:

The Circle of Happiness is method based on the Circle of excellence originally developed by Dr. John Grinder co-creator of NLP. Circle of Happiness can be used to recall, create and stabilize desired states. It is a so called anchoring technique.

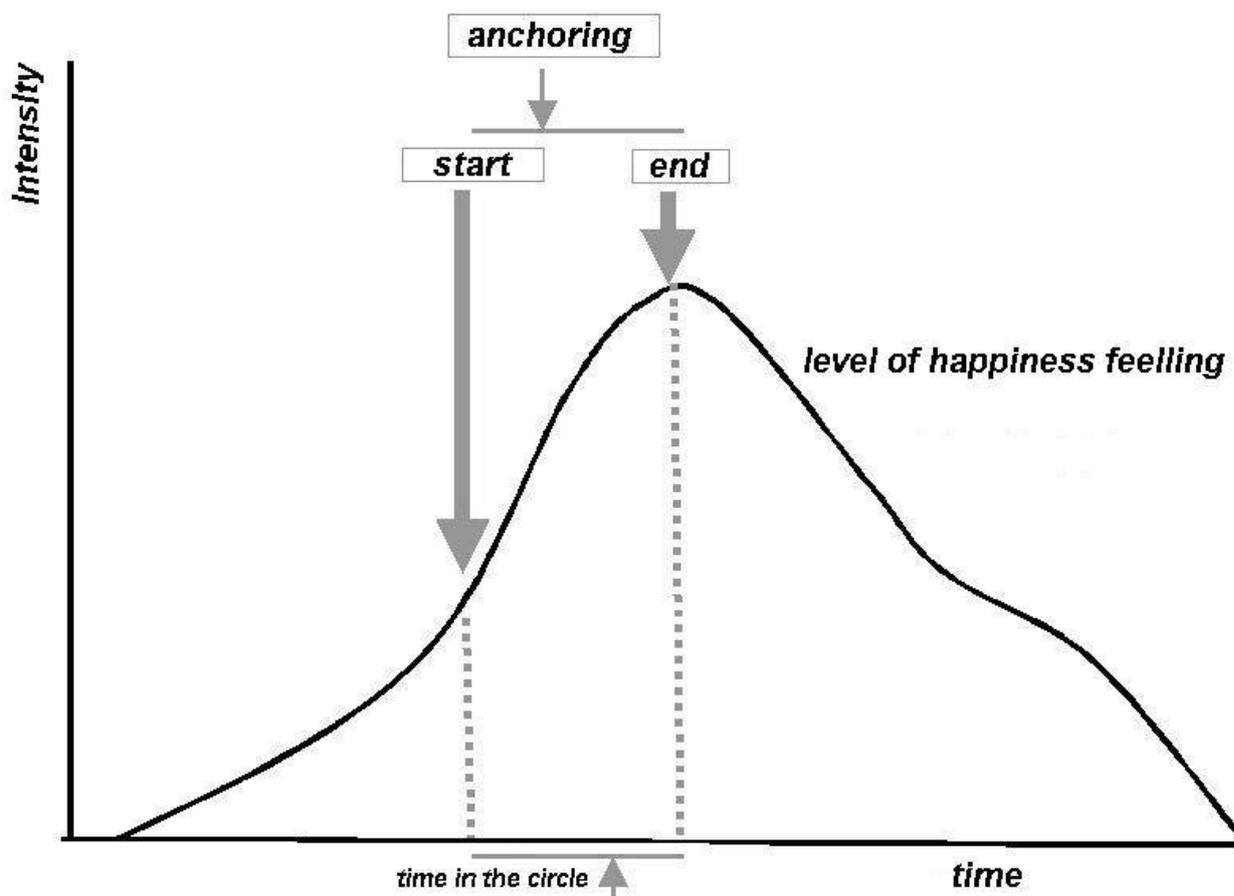
The four keys of anchoring are the following:

1. Experience the intensity by going in as deeply as possible in the experience of the event of happiness. See what you saw, hear what you heard, feel what you felt, smell what you smelt etc. It may be useful to close your eyes.



2. The timing is important. If you feel the feeling of happiness is getting stronger step into the circle. At the highest point, before the feeling is fading you step out. In order not to ancore de decreasing of the feeling.

3. Repeating the anchoring several times with different happy events.
4. Let the circle you made be specific for this aim. Later on you can fire your anchor just by thinking of the circle.



1. You as the worker build a powerful resource state recalling a memory of a moment in which you felt you very happy, full of joy, powerful or any positive state. To **create a circle** of happiness, make a golden circle on the floor with a rope or a paper which is so cut that you can step into it.
2. **Remember experiences in** which you felt powerful, creative, composed, or any resourceful state where you felt balanced and centered.
3. Step into the circle only as quickly or slowly as you **remember and re-access** the resourceful state through your inner senses. See what you saw through your own eyes within the actual experience, hear the sounds and language used, and get in touch with your posture, breathing and emotions when inside the desirable resource memory. Note that an observer would see changes in your physiology such as better posture, deeper breathing, and skin color changes. If there is no noticeable change in your physiology the resource state is either poorly accessed or low intensity. If it is low intensity, choose another resource state that is more powerful.
4. **Step out** the circle as soon as your feeling of happiness is not increasing any more.
5. **Repeat** step 4. and 5 with an additional resource state, continuing to add resource states One at a time.

6. **Check.** When you have enough resources, you step automatically into a very powerful state on entering the circle which is truly now a circle of excellence.

Closing circle with a validation for yourself.



Feel the Fear
and

Do it anyway!