

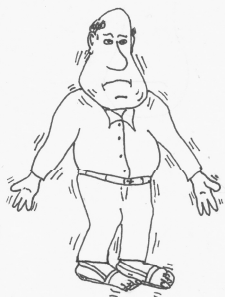



FEAR AND FEAR MELTERS

Conflict is run by fear. The fear is in response to a perceived or actual threat. There are four ways that fear shows itself: fight, flight, freeze, or faint. All of these are accompanied by shorter and shallower breath. Many people do those in combination or rapid succession. We cannot be talked out of fear. Fear is a physiological response and can only be melted with breath, movement and love. There are specific **movements** that can be applied as an antidote to each type of fear.

TYPE OF FEAR	FEAR MELTER
<p>FIGHT: chin comes up and out; weight is forward; a person's arms get tight, hands may form into fists; action speeds up, talking is faster, louder, shriller. This type of fear may feel and look like anger.</p>	<p>OOZE: let yourself spread out into time; begin to move slowly as if you are thick syrup or warm chocolate oozing off a spoon. Move your shoulders, and hips and even your jaw; slow your words down, moderate your tone.</p> 
<p>FLIGHT (FLEE): part or all of you leaves the vicinity; the first movement may be one shoulder coming back, or a person's weight moving backwards; this can be accompanied by feet beginning to move and a nervous laugh. A person may flee the situation mentally without even moving. People may use consumption of drugs, alcohol, or food to flee. Eyes glazing over may be a mental flee.</p>	<p>SUMO: widen your stance, ground your feet firmly into the floor, bend your knees, and put your hands on your knees as if you are a sumo wrestler. Be a mountain; feel your weight, push down with your feet. Engage the other person with your eyes. In your mind, say "I am here, I am present."</p> 
<p>FREEZE: a person's body becomes tight and stiff, may be accompanied by a nervous smile. A startle response is a freeze move. Thoughts begin to recycle like a hamster wheel. The person may be re-playing the last thing that they heard and trying on different responses in their mind, but are not usually talking.</p>	<p>WIGGLE: begin to wiggle your fingers and toes, eventually wiggle your hips and shoulders; to un-freeze you will eventually need to wiggle your core.</p> 
<p>FAINT: thinking becomes foggy, confused, person feels drained, sleepy; may even faint or fall asleep. Jaw may hang open. Often people feel or act "stupid". Imagine energy is draining out of the soles of the feet, there's no anchor, "feel adrift".</p>	<p>LOVE SCOOPS: reach out into the air in front of you as if you are gathering energy and love towards you. Bring your hands towards you, touch your chest or belly, wherever love is needed. Focus on accessing your resources.</p> 

Add **breath** to any of the above moves by focusing on lengthening your exhalation.

Add **love** to any of the above moves by thinking of something you know you love. Let yourself feel love and then surround yourself with that love.