

MOVING THROUGH FEAR WITH BLURT - BREATHE - MOVE

Before you start on this exercise, I want to caution that you do this at a time and in a place where you feel safe to explore. And if you do this with others, make sure it is people with whom you feel emotional safety.

This will only take six minutes.

1. Blurt. Set a timer for two minutes and have at it. Be as unenlightened and as unprofessional and unpackaged as you possibly can. Say things that are utterly inappropriate to say. But get to the kernel of what's nagging at your soul in this situation--in this "what happened." Allow yourself to keep going longer if you need to, but I've never seen it need to last longer than 2 minutes for someone to blurt out the nugget of truth that they didn't quite know how to express properly. It's not about being proper here, it's about being honest with yourself.
2. Breathe. Set a timer for two minutes and bring your attention to your breath. Feel your inbreath. Notice your outbreath. Nothing more. Nothing less. If you get distracted, just bring your attention back to your inbreath and outbreath. This is the core of many meditation practices.

(Sometimes when I'm doing executive coaching and I notice a client is starting to spiral, I'll suggest we just stop and breathe for a minute. They always enthusiastically agree and we breathe together in silence. And they're ALWAYS energetically in a different place as a result of doing so. More grounded. More present. You gotta be present to win. Breathing is one way to reliably get there. And it only takes a minute or two.)

3. Move. Set a timer for two minutes and go for a little walk. Get your body moving. If you want to play your favorite song and make it a dancing walk, all the better. Anything you need to do to get your body moving. This will help the fear chemicals in your body move through you.

(Another thing you might try while you're moving is called Fear Melters™. Dr. Kathlyn Hendricks developed these as movement antidotes to the four primary fear signatures (freeze, flee, fight and faint) and you can find instructions for how to do them at <https://hendricks.com/>)

MOVING THROUGH FEAR WITH BLURT - BREATHE - MOVE

4. Journal. Jot down any “a-ha”s that emerged as a result of this process. Anything that’s true for you will do. Often in the course of doing this, it will become blatantly obvious what you are feeling, whether that’s angry, sad, scared, or any combination of the three. That’s a great discovery. Sometimes what will surface is something that you want - a request. All the better. What you’re after is something that is authentically true for you - something that is unarguable, including your feelings.