

Welcome Your Fear from the Depth of Your Heart

Workshop objectives

Recognizing and naming fear.

Understanding which needs are met through the presence of fear and which remain unmet.

Developing the ability to look at fear with curiosity and empathy.

Practicing communication with oneself in the spirit of Nonviolent Communication.

Target group

Adults seeking ways to better cope with emotions and fear.

People who support others in their professional or private lives (e.g. educators, trainers, people in helping professions).

Participants who want to develop competencies in self-care and well-being.

Connection with NVC and well-being

The workshop supports both psychological well-being (by reducing tension related to fear) and emotional well-being (by increasing awareness of needs and emotions).

Description of exercises / activities

Act 1. (work in pairs)

What is one frightening thing you would like to say to someone but have not said so far?

What is stopping you from saying it?

Act 2. (individual work, then in pairs)

What is your fear protecting you from?

What need are you meeting by staying in fear? / What need are you trying to meet through this fear?

-[This fear serves me and my needs]

What price are you paying because of fear?

Which needs are not being met because of this fear? / Which needs are you not meeting because of this fear?

-[This fear does not serve me]



FUNDACJA
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Act 3.

Imagine this fear as a voice or a figure/symbol – what does it look like? What does it sound like? Can you look at it with curiosity?

Who would you be without this fear?

Which parts of you would have space to emerge?

Which of your needs would be met?

Act 4.

Write a letter to your fear. Be gentle. It has been your companion because it wanted good for you.

What small step can I take today that would honor my true needs despite the presence of fear? / What small step would honor my true needs even if fear were still present?

Invitation to further practice

Fear journal – for the next 7 days, write down at least one situation in which fear appeared.

Describe exactly what happened (facts).

Note what feelings and needs emerged.

Reflect on how fear tried to protect you and what price was connected with it.

Small step of courage – choose one small thing that you will postpone or do differently in order to honor your need despite the presence of fear (e.g. a conversation with someone, trying a new activity, expressing an opinion).

Write down your observations after taking this step.

Letter to yourself – write a short letter in which you appreciate yourself for the willingness to look at your fear. You may express gratitude toward yourself and notice any changes that appeared during the week.

