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## **Body Centred Steps to Help Overcome Fear and Anxiety**

- 1. Take a few moments to ground yourself using your breath as an anchor.**
- 2. Name the fears and put them in a container.**
- 3. Place the container outside the door or in a container with a lid out of sight (behind you or under your chair).**
- 4. Shut the door.** Notice any thoughts, emotions, experiences and/or body sensations.
- 5. Create an imaginary peep hole in the door or peep into the container if it has a lid.**
- 6. Before inviting the container back into the room or in sight, create some rules/guidelines to keep safe** e.g. the fears cannot come out unless they have permission.
- 7. Open the door/ bring the container back into sight.** Place the container somewhere visible.
- 8. Allow yourself to initiate a sense of compassion.** Experience this a visceral/ body centred level.
- 9. Imagine that you are offering this compassion to the container of fears and pay attention to what may be happening as you do this.** Be patient as you experience this.
- 10. Visualize the container as a small child or small frightened animal and what you would do in this instance.**
- 11. Imagine nurturing the fears by giving compassion.**
- 12. Try to be compassionate with the part of you that is feeling afraid.**
- 13. Notice your body.** Embody the posture, feelings and impulses.
- 14. If a body sensation occurs, place a reassuring hand over that part.**
- 15. You may want to be curious about your fears.** If appropriate, discuss/ share this with someone you trust.
- 16. Notice any new perspective you experience and perhaps write it down to reflect upon later.**
- 17. Revisit the initial fears and become aware of anything that is different or the same.**
- 18. Finish by taking at least three deeper breaths to clear your energy and return to your day.**
- 19. Try to be gentle with yourself for the rest of the day/ evening and into the next day.**