

EXPANDING REALITY
28 DAY PROGRAM

Module 3:

Fear and the Ego

Fear is created in the mind and anything the mind can do, it can also undo. Everything you've ever desired is waiting for you on the otherside of fear.

Module 3: *Fear and the Ego*

The first rule of Human Instinct is that we will always try to run *from pain* (what we don't want) *to pleasure* (what we do want).

What is the 'pain' that you are trying to get away from in your life?

What is the 'pleasure' that you are trying to get to in your life?

Module 3: *Fear and the Ego*

The second rule of human instinct is that we will always run from the largest pain, even if that means going back to a familiar pain.

When we are trying to make a change in our life, we sometimes come up against resistance. This is almost always some type of fear.

3 Types of Irrational Fear:

Fear of Judgement

Fear of Failure

Fear of Change/Unknown

These fears are irrational because they don't actually keep us physically safe. Instead, they hold us back from growing and evolving in life.

Once we can identify the fear that is holding us back, we can break through the fear by changing our focus and perspective.

What is the inner resistance you feel when trying to move from the "pain" to the "pleasure"? Is this fear rational or irrational?
