

Fear Melters (From Katie Hendricks)

When one is in fear, they and those around them can react in ways that keep conflict or drama going through recycling old patterns of ways of being. When one can move from fear into ease, and flow, then one can respond to what is going on around them and can create and co-create new outcomes.

Here are examples of some body postures that will help you recognize when you're reacting out of habits that originate from fear, and next to them are a series of simple movements that will allow you to move out of fear and into ease, flow and openness to learning. Check out the chart below and see which signature is most familiar to you and notice how you feel when you do the shift movements.

Fear Signature	Antidote Movement
<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 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 unfreeze 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, "you feel adrift".</p>	<p>WELCOME/REACH AND GATHER: first do Sumo (above), then begin to reach out into the air in front of you as if you are gathering energy and bring your hands towards you, touch your chest firmly. Focus on accessing your body sensations and inner resources.</p>

