

# FOUR ADDICTIVE RESPONSES TO FEAR

<p><b>INTENSITY</b> <i>Create drama to get attention</i></p> <p><b>Distracting, Controlling</b></p> <p>Truth Telling, Perspective</p> <p><b>Turnaround = Vulnerability</b></p>	<p><b>PERFECTION</b> <i>Pursuit of perfection creates excuses and permission</i></p> <p><b>Interrogating, Intimidating</b></p> <p>Realistic Goals</p> <p><b>Turnaround = Excellence</b></p>
<p><b>THE NEED TO KNOW</b> <i>I have to understand everything</i></p> <p><b>Avoiding</b></p> <p>Acceptance</p> <p><b>Turnaround = Confidence in Self</b></p>	<p><b>FIXATION ON WHAT IS NOT WORKING</b> <i>Blame</i></p> <p><b>Generates more fear</b></p> <p>Celebration</p> <p><b>Turnaround = Gratitude</b></p>