



Phobias

Phobias are always: Exaggerated, Extreme, and Irrational

Fear Phobias

1. Name the phobia. What are you most afraid of?
 - Torture / Death
 - Eternal torment
 - Rejection / Banishment
2. Locate the feeling in your body
3. Identify the feeling
4. Treat with tapping or other energy intervention
5. Check for boundaries and trauma feeding the phobia

Core Fear Themes

Death	Loss of purpose	Abandonment
Loss of identity	Loss of control	Torture
Loss of love	Sickness	Pain

Shame Phobia Clearing

1. Name the phobia. What are you hiding from yourself or others out of shame?
2. What are you afraid is the worst thing this proves about you as a person?
3. Find the location of the feeling in your body.
4. Identify the feeling.
 - mortified
 - humiliated
 - dishonored
 - disgraced
 - degraded
 - debased
 - unlovable
5. Treat with tapping or other energy intervention
6. Check for 100% boundaries
7. Check for a dysregulated nervous system fight, flight, freeze, fawn

Core Shame Themes

INADEQUATE	WEAK	HATEFUL
UNLOVABLE	PRETENTIOUS	HELPLESS
LAZY	I DON'T KNOW THE RULES	DESERVE TO DIE
FAILURE	GULLIBLE	INCOMPETENT
SELF-CENTERED	SNOB	FAILURE
NARCISSISTIC	ALOOF	SHAMEFUL
ATTENTION SEEKING	UNGRATEFUL	REJECTED
SELFISH	CONCEITED	POMPOUS
WORTHLESS	EGOTISTICAL	INCOMPETENT
OLD AND EXPENDABLE	SMUG	FRAUD/ IMPOSTER
MISERABLE	GREEDY	WEAK
STINGY	ARROGANT	STUPID
MALICIOUS	DISINTERESTED	DISAPPOINTMENT
UNLOVABLE	UNACCEPTABLE	IMMORAL
UGLY	IMPULSIVE	UNETHICAL
FAT	EVIL	CALLOUS
GREEDY	DETACHED	VILE
DECEITFUL	UNINTERESTING	VULGAR
UNWORTHY	HATEFUL	

Four Root Causes of Shame

1. **Unrequited love** - rejection or unreturned / familial or romantic
2. **Exclusion** - undermines the need for connection and relationship
3. **Unwanted exposure** - drawing attention in a negative or unwanted way
4. **Disappointed expectations** - unmet goals or disappointment in relationships

Defense Mechanisms and Unintended Negative Consequences

DEFENSE MECHANISM	NEGATIVE CONSEQUENCE
Emotional safety	Isolation
Boundaries	Emotional distance/ walls
Approval	Abandonment of self
Belonging	Loss of personal freedom
Sense of accomplishment	Workaholism or doing-ism
Respect	Loss of self-respect
Security	Loss of creativity
Sense of purpose	Confusion about your soul mission
Feeling important	Resentment - feeling unappreciated