





# Discover Your Relationship Fear Moves

Each of the 4 basic types of fear has a purpose in keeping us alive. However, when we're in any physiological fear response, our partner can look like the enemy! Common fear-based moves in relationship are listed below. Circle your typical moves. Feel free to add to the list. Share with your partner what you each discover. Then, do Fear Melters® together!

<b>FIGHT</b>	<b>FLEE</b>	<b>FREEZE</b>	<b>FAINT</b>
Moving into action to protect myself	Moving away to feel safe	Stopping to avoid being seen/hurt	Going limp, giving up to survive this
I'm right You're wrong I can prove it I've got the data I'm keeping score You can't make me My way or highway I gotta interrupt Don't box me in!	I'm distracting myself I'm worrying I just need space!! I am avoiding you Withdrawing Distancing Gathering more data Rehearsing my words Going to get help	I feel tense /frozen I feel startled/ stunned I'm not available I'm withholding something I've got a grudge I feel stuck Offline / going silent	Ugh! A sinking feeling I feel drained I feel hopeless I can't think This is exhausting I'm overwhelmed How can I appease you? I give up!
How else do I fight?	How else do I flee?	How else do I freeze?	How else do I faint?
What happens in my body when I fight?	What happens in my body when I flee?	What happens in my body when I freeze?	What happens in my body when I faint?

# Fast-Aid for Fears in Relationship:

Put on lively music and do 3 minutes of Fear Melters® together:

<b>OOZE</b> To melt FIGHT	<b>ROOT</b> To melt FLEE	<b>WIGGLE</b> To melt FREEZE	<b>LOVE SCOOPS</b> To melt FAINT
<p>Begin to move slowly as if you are warm chocolate oozing off a spoon.</p> <p>Ooze your arms, shoulders, and hips and even your jaw.</p> <p>Slow your words down and change your tone of voice.</p>	<p>For standing: Widen your stance and bend your knees a little or a lot.</p> <p>Let your toes spread out as you imagine beautiful roots extending from your feet into the nourishment of the earth.</p> <p>Imagine the earth's energy infusing you with aliveness here and now.</p>	<p>Begin to wiggle your fingers and toes</p> <p>Eventually wiggle your hips and shoulders.</p> <p>To unfreeze fully, you will eventually need to wiggle your core at a pace that feels good to you.</p>	<p>Reach your arms out around you as if you are gathering energy and love towards you.</p> <p>Bring your hands towards you, touching your head, chest, belly or wherever love is needed.</p> <p>Focus on accessing your resources.</p>
<p><b>OOZE</b></p> 	<p><b>ROOT</b></p> 	<p><b>WIGGLE</b></p> 	<p><b>LOVE SCOOPS</b></p> 

Then, play with speaking these 3 statements to each other. Move your body while you talk.

Explore different tones of voice:

1. I'M WILLING to \_\_\_\_\_(example: WIGGLE) to melt my \_\_\_\_\_ (FREEZE)
2. AND WHAT I REALLY WANT is to: \_\_\_\_\_(example: connect & play!)
3. I COMMIT to: \_\_\_\_\_ (example: let my sparkles show).