

A WORKSHEET FOR THE
WORDS THAT MOVE ME

PODCAST BY DANA WILSON

EPISODE

6

The Gift... of Fear

ESSENTIAL READING ALERT! "The Gift of Fear" by Gavin De Becker is a masterclass in perception and intuition. It changed the way I move around the world, and now, I am gifting it to you!

MY
NOTES:

"Niceness is a decision, a strategy of social interactions: it is not a character trait"

-- **Gavin Debecker *The Gift of Fear***

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IN THIS EPISODE WE
DISCUSS GAVIN DE
BECKER'S

"SURVIVAL SIGNALS"

LIST THEM ALL BELOW

Can you think of real life examples of each?

**MY
NOTES:**

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"OUT OF NOWHERE?"

Nothing really comes out of nowhere. Our senses are constantly taking in information and our brains are wired to keep us safe, but we don't always listen to our brains.


WHEN WAS THE LAST TIME YOU HEARD THE PHRASE: "OUT OF NOWHERE"?

Example: "the car came out of nowhere!"



CAN YOU TRACE THE MOMENTS THAT CAME BEFORE AS SIGNALS TO POTENTIAL DANGER?

Example: I saw the crosswalk counting down, and I considered not entering the intersection, but I was running late so I did anyway. I heard brakes screeching on my right, and then... BANG!



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THE GIFT OF FEAR

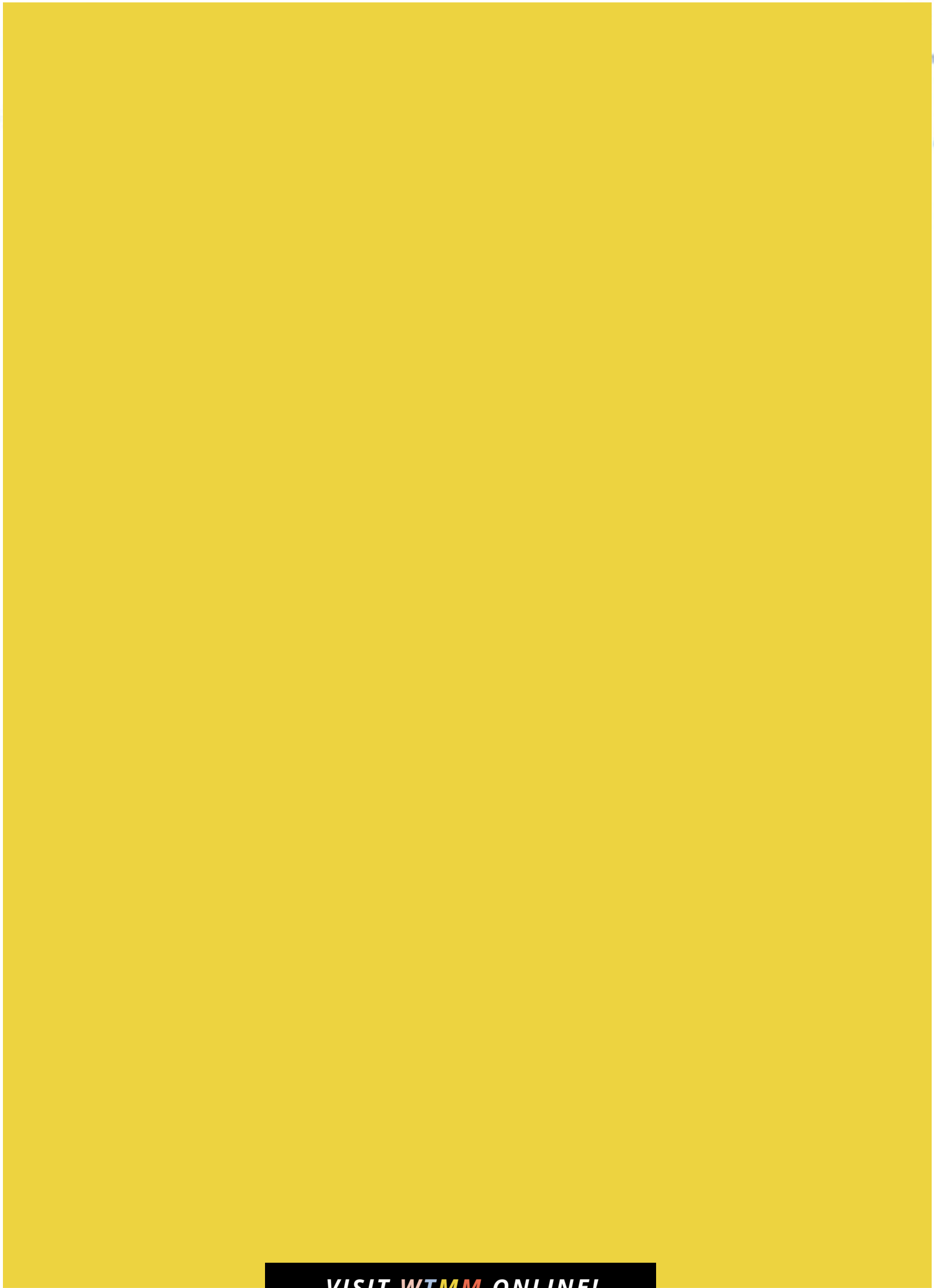
BY GAVIN DEBACKER

*is considered essential reading to all of my podcast listeners. You **CLICK THIS LINK** to order your copy and use the next three blank sheets to keep your favorite quotes and notes!*

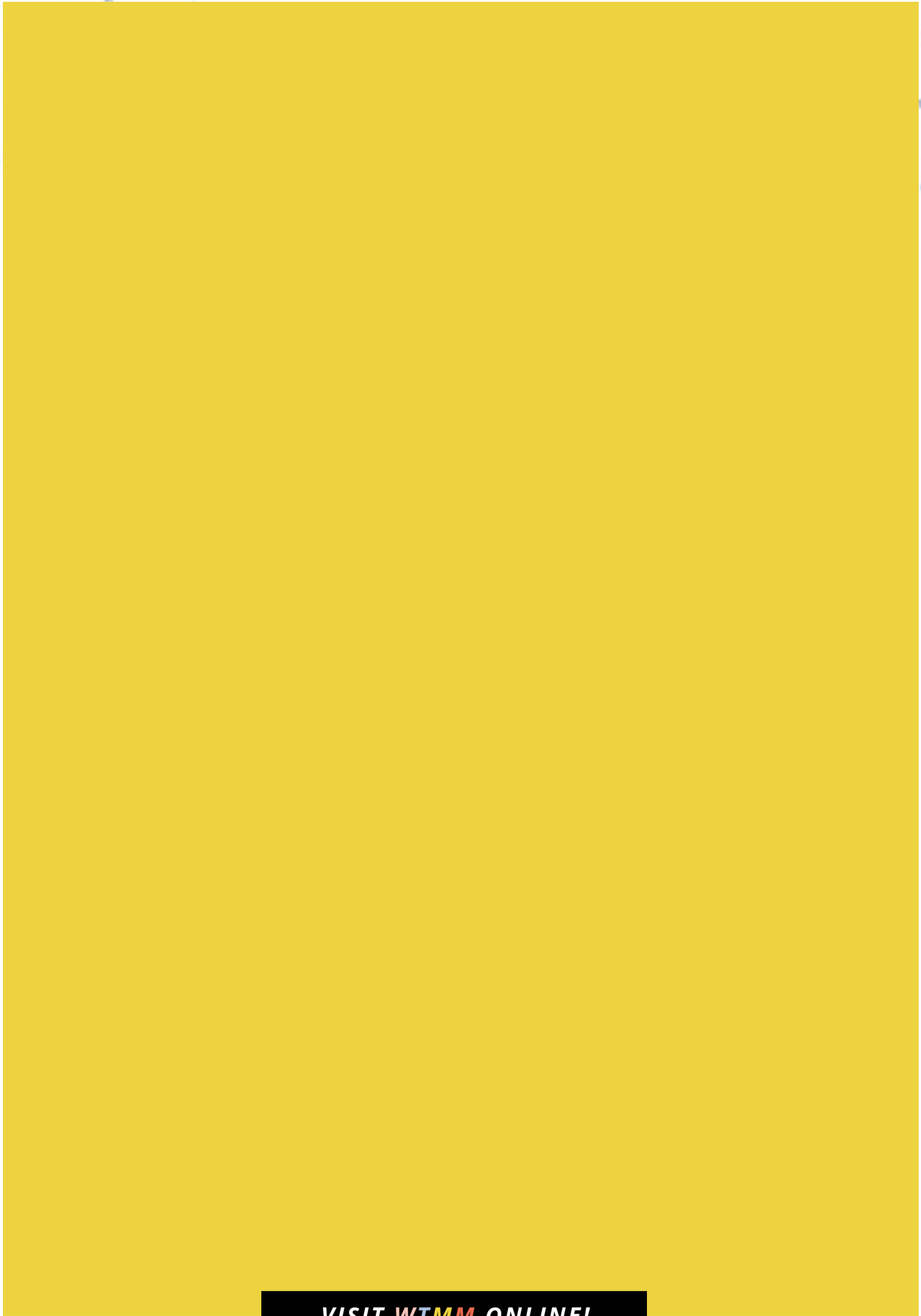
MY
NOTES:



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