

A WORKSHEET FOR THE  
**WORDS THAT MOVE ME**

PODCAST BY DANA WILSON

EPISODE

5

***Is Fear Keeping You Alive or Eating You Alive?***

Episode #5 is frighteningly good. It digs into concepts of FEAR. The kind that keeps you alive and the other kind that keeps you from LIVING! Give a listen and cut the ties to fear that are holding you back. !

MY  
NOTES:

“The only difference between fear and excitement is breath”.

**-Fritz Perls**

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# ***YOUR CREATIVE FEARS***

There is REAL FEAR and then there is CREATIVE FEAR

***IN THE SPACE BELOW, WRITE OUT ALL OF THE CREATIVE  
FEARS IN YOUR LIFE.***

(example Auditions, messing up on stage, making work that offends people (that you didn't intend to offend ;-), missing deadlines, being late, etc.)



***NOW LIST THE UNWANTED FEELINGS THAT ARE AT THE  
CORE OF THESE FEARS .***

(example-- rejection, judgment, humiliation, failure)



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# WHAT IF?

There is another breed of fear that has been rebranded as FUN! Scary Movies, Roller Coasters and Jersey Shore for example ;-)

## YOU COULD TRICK YOURSELF?

Prepare some replacement thoughts for the next time you encounter one of your creative fears. Make em FUN!



## YOU COULD HAVE FUN!

*Practice doing something FUN, something you love. Write about where you feel it in your body. Be specific. Save this feeling for when you need it again.*



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