

THE WORST THAT CAN HAPPEN

1 What is the worst feeling you can imagine ever having to face?

2 What would that feel like in your body? Describe the location in your body and exactly how it would show up. Be careful to include all the details about the sensations and nothing about the thoughts that would be going through your head. Just notice how it would feel in each part of your body.

3 When you think about this feeling and the great lengths you have gone to avoid feeling this way, can you explain why that might be? A simple vibration is harmless in our body, so why do we do so many things to avoid it that might be harmful to ourselves?

4 If you were willing to feel this emotion without fear, how might you act differently in your life? What might you do differently, and why?
