

# THE WORST THAT CAN HAPPEN

WHAT IS THE WORST FEELING YOU CAN IMAGINE EVER HAVING TO  
FACE?

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WHAT WOULD THE FEELING BE 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 ARE GOING ON  
THROUGH YOUR HEAD. JUST NOTICE HOW IT WOULD FEEL IN EACH  
PART OF YOUR BODY.

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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 BODIES, SO WHY DO WE DO SO MANY THINGS THAT MIGHT BE HARMFUL TO US IN ORDER TO AVOID IT?

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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?

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