What's Lurking in Your Mind?

A short reflection exercise to help you uncover fears that may be hanging around rent-free.

Fear often hides in the background, shaping our thoughts, emotions, and choices without us even realizing it. Use these three questions to bring your hidden fears into the light — because once you see them, you can begin to shift them.

1. What fear (big or small) has been popping up for me lately?

(Examples: fear of failing, fear of not being enough, fear of letting others down, fear of change…)

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2. How does this fear show up in my daily life?

(Think about your self-talk, choices, or habits. Does it keep you from taking action? Does it drain your energy?)

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3. What's one gentle step I can take to loosen this fear's hold on me?

(Maybe it's talking it through, journaling, practicing a calming tool, or simply noticing when the fear shows up.)

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Remember: Fear doesn't have to control you. The more you bring it into awareness, the less power it holds.

Want support in moving through fear with more calm and confidence?

[Click here](#) to learn more about Healing Hypnotherapy's **4 Session Stress & Anxiety Relief Program**.

It's designed to help you release old patterns, build new tools, and create the peace of mind you seek.

Jackie Foskett *Hypnotherapist Mind Coach*

425-941-2051

www.HealingHypnotherapy.com   Jackie@JackieFoskett.com