



RAFAEL MARTINEZ COACHING

Fear Inventory Instructions

1. Find a private place to sit.
2. Pull up a blank piece of paper or a fresh doc on your computer.
3. Take a minute to reflect on a person, issue or experience that has been triggering or nagging you recently. This is the resentment you will start with - a resentment being a thought that is "re-sent" again and again.
4. Write your inventory according to the format below
5. Meditate for 15 minutes
6. Call me and read your inventory to me
7. Tear up your inventory and throw it away, or delete the doc.
8. Repeat as needed, at least daily!

Fear Inventory Structure

"God*, I am resentful at _____ (person, institution, idea, experience), because:
i have fear that _____
i have fear that _____
i have fear that _____ etc. (this can go on for pages)

At the end of your inventory, write this prayer:

God, I ask you to remove these fears. I pray only for knowledge of your will for us and your power to carry that out for _____ (the names of the people, things etc that showed up in your resentments)."

Example...

God, I am resentful at speaking in front of the room, because:
I have fear that I won't make sense
I have fear that I will look stupid
I have fear that I don't have the confidence necessary to do this job
I have fear that I will be revealed as not good enough
etc.

God, I ask you to remove these fears. I pray only for knowledge of your will for us and your power to carry that out for me and speaking in front of the room.

*If you're not comfortable with using the word "God", substitute it for your higher power, or any force more powerful than you. Spirit, Universe, Death... whatever works!