



Wake Up Recovery

with Sherry Gaba, LCSW



Module Four:

Befriending Your Fear

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This module invites you to begin paying attention to the thoughts you are putting out to the Universe. Notice if they are life giving thoughts or thoughts that are constructive and fear based. If they are thoughts that come from a place of anxiety, fear, or doubt, turn your attention to a higher vibration thought such as joy, peace, love, serenity, or any thought that brings you closer to the life you would like to be living.

By developing your ability to manage your fear, you are now developing a relationship with the laws of the universe. By believing in the laws of the universe, you are believing that you are much more than the conditions of your life and the addictions and habits that have kept you from living your greatest life. By choosing to take control of your thoughts, you are no longer lowering your vibration but instead are reaching a higher state of consciousness. You are choosing to believe that you are greater than any situation or circumstance that you are in.



Activity #1:

Journaling gives you the opportunity to observe your inner growth and at the same time see how it effects your outer manifestations. Journaling can be an effective tool for expressing your meditative experiences, exploring your passions, desires, values, and dreams; as well as negative habits so you can reverse them. Also, it is a tool for gaining insights into your dreams, celebrating your successes, and recognizing your thought patterns; both negative and positive.

Some effective ways to organize your journal is to keep a daily log of your inner thoughts and feelings, successes or accomplishments, meditative insights, and most importantly a gratitude list. Not only keep track of what you are grateful for, but what is it you are not grateful for and how that may be a blessing. For example, you may not be grateful if you are having problems at work, but grateful the experience is allowing you to re-evaluate what it is you would love to do with your work and career life.

Some other journaling tips are to keep a log of conversations with your authentic self. This is a place where you can dig deep and get truthful as to what is really going on with you. This is where you can begin to look at issues that are underneath the surface and what those issues are revealing to you on a much deeper level. Also keep track of your dreams and what they are attempting to communicate with you. This is where you subconscious meets your conscious mind with inner wisdom and insights that are stirring even deeper within your soul.



My Notes:



Activity #2:

People in recovery are taught that recovery is an inside job. They are taught over and over again not to compare their insides with other's outsides. This is so true when you look at purpose and/or finding your authentic self. In the classic book, *The Science of Being Great*, Wallace Wattles states: "You will never do great things in the external world until you think great things in the internal world."

The point of power lies within you. There is nothing outside your life – whether you are looking at your addictions, your past, your finances, or your environment – that is greater than what you are capable of changing at any given moment. Your circumstances do not define you.

Ask yourself the following questions when determining the changes you want to make. This will empower you to befriend the fears that are holding you back from the life you truly want.

- Will the changes make you feel more alive?
- Do the changes align with what you value most in life?
- Do the changes allow you to become a greater version of yourself?
- Will the changes be positive for those around you?



My Notes:



Activity #3:

The Universe loves gratitude. Recovery loves gratitude. When you give to the Universe, the Universe gives back. This is law. The feeling of emptiness that addicts and alcoholics feel comes from a feeling of lack and a feeling of not deserving. We are taught to look at what we don't have, which only brings more feelings of lack and emptiness. Addicts and alcoholics are taught to look at their past transgressions which can be beneficial on one hand, so they never forget the past and how they have suffered from their disease. However, perhaps, maybe it would be more useful to spend more time looking at the lessons they have learned from their mistake and then expressing gratitude for these lessons and let them go. What would happen if you came from a space of joy, pleasure, and gratitude? Everyday wake up and go to sleep with gratitude in your heart and watch more things to be grateful for attracted back to you. Gratitude allows you to shift perspectives. Fear, worry, judgment is replaced with faith, acceptance, and openness to a life that aligns with peace, love, and joy.

- Write five things you are grateful for and five things you are not grateful for and how those things are blessings.
- Take a moment and meditate on how your body feels as you notice those things you are grateful for and the blessings you have gained by the things you are not grateful for.



My Notes:

Module Four Affirmations & Meditation:

Affirmations:

- I release all fear from my life.
- My thoughts are filled with peace and tranquility.
- I replace all of the fear I feel with love.
- I am safe.

Meditation:

This wonderful meditation is called “Sea of Tranquility” from [Jeffrey Brantley, M.D.](#), and Wendy Millstine, NC, in their book [Daily Meditations for Calming Your Anxious Mind](#).

1. Close your eyes and visualize yourself at the beach, sitting on the warm sands, with a refreshing sea breeze sprinkling your whole body. You are safe and secure. You are watching the waves drift in and out, over and over again. Each wave is like your breath, rising up inside from deep within and then releasing and returning out to sea.
2. What do you notice about the surface of the ocean? It’s much like your life – some parts are rough, choppy, with impending waves of uncertainty pounding away. Breathe in these moments that are challenging and upsetting. Remember that you have the stability and strength to weather the storm. Breathe out your fears and doubts about the outcome. What will be will be. Only the waves can carry all your secrets and anxieties out to sea.
3. What’s happening below the surface of the ocean? It is a calm, serene, quiet and contemplative underwater experience. Schools of fish are swimming to and fro. Sea plants are sashaying to a mysterious, musical current. Starfish cling to rocks in colorful display. Luminescent shards of sunlight splice through the water, transmitting warmth and radiance downward.
4. Depending on what life tosses your way, you may be body surfing the big one or floating along a sea of serenity. Be mindful of the journey, the highs and lows, the good times and the bad, the joy and the pain. Move gently with each wave.