

Facing Up To Your Fears

Closeness and intimacy can be scary. Being open can make us feel vulnerable and at risk.

Use the following prompts to reflect on fears and share your vulnerability with your partner.

Ask the client to come up with three fears they hold about their relationship.

Encourage them to be open while showing themselves kindness and compassion for their feelings.

For example:

I am scared of failing

I am scared of being rejected

I am sad that I am not providing financially

I am worried I am not living up to your previous partners

1.	
2.	
3.	

How do the above beliefs cause you to act and react?

Having reflected on each one, sit down with your partner and share your beliefs (one at a time if it helps) and how they are causing you to act/react.