

5 Days to Freedom from Fear

DAY 1

*Understanding the Science of Fear:
How Your Brain Really Works*



with
Rhonda Britten



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WELCOME!

Hey You!

Welcome to **5 Days to Freedom: Day 1**

Today is going to be a day that **BLOWS YOUR MIND!**

We'll be taking a deep dive into **Understanding the Science of Fear: How Your Brain Really Works.**

Your brain functions as an integrated whole, yet has two distinct pathways when reacting to the events in your life — from daily happenings to big life shifts.

First, there's the **Stay Away from "Danger" Pathway.** This pathway will help you for a split second when it alerts you to possible danger. However, if it stays with you too long, it affects your judgment. It can blur what is a true threat that warrants a fight, flight, or flee response from what is a non-life-threatening event.

Next, there's the **Wise, Big-Picture, Fearless Pathway.** When faced with challenges, this part of your brain helps you analyze the situation. It helps you select what's important to pay attention to and helps you assess the best course of action in response.

As you'll discover, during these five days and working with today's worksheet, you can intercept the stressful voices from your brain's Stay Away from "Danger" Pathway, AND redirect and amplify the calm, clear perspective of your brain's Wise, Big-Picture Pathway.

Today, we know much more about the brain, more than ever before — physiologically, socially, and emotionally. Yet, "knowing" about the processes of the brain is not enough.

We must retrain our brain, along with our body's alert systems.

Your opportunities during 5 Days to Freedom:

1. Show up. Every day.
2. Watch the Daily Video Training.
3. Download the Daily Workbook. **FILL IT OUT!**
4. Ask questions in our Online Community. Get coaching.

xx Rhonda

PS. And as we say in Fearless Living, **"Let the Work Work You!."** Now, let's get started...



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WHAT IS FEAR?

Fear is both the cause and effect of the feelings, thoughts or actions that prohibit you from accepting yourself and realizing your full potential.

Your body's reaction to fear is the same whether you are

faced with a _____ threat or an

_____ one.

The hippocampus stores _____ or

_____ threat signals in long-term memory.



The brain responds to potentially dangerous stimuli _____ it has all the facts (based on past history and past hurts).

The brain is programmed to detect dangerous routinely experienced by our _____

and those learned by each of us _____.

Our ability to _____ the memories of Fear is HIGHLY UNLIKELY.



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5 DAYS TO FREEDOM FROM FEAR WEEK TOPICS:

Day 1: Understanding the Science of Fear: How Your Brain Really Works: TODAY Yay!

Day 2: Is Fear Having Its Way with You? How to Understand Fear Responses

Day 3: Are Feelings Running Your Life? Discover Which Feelings Are Undermining Your Success

Day 4: Understanding Self-Destructive Behaviors: How You're Holding Yourself Back from the Life You Most Want

Day 5: Identifying Your Trigger: How to Name and Claim What Sets Everything in Motion

HOMework:

Share your homework from the Daily Workbook in the [Facebook Group](#) using the hashtag #fearlesswin to share your successes or #fearlessaha to share your insights – including photos of homework, questions, rambling and more in your social media posts!

SUPPORT:

Go ahead. Ask me anything: [Click here to submit a question](#) anytime during 5 Days to Freedom. We'll do our best to answer in our Online Community.

Join us inside free community -> [our Facebook Group](#):

Certified Fearless Living Coaches will be supporting you throughout 5 Days to Freedom. They are trained in the tools that I will be sharing and will help you get the most out of each one.

Any questions: Contact Support@FearlessLiving.org. We're here to help!

"Two words come to mind: GRATITUDE & FOCUS. Thanks to Fearless Living/Rhonda these two words are my mantra for a richer, more peaceful and fearless life! Through FL I learned that fear is not my enemy, it is my teacher who leads me to a more authentic & radiant me!"

- Barbel Warren, Radiance Facilitator



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WHAT OTHERS ARE SAYING...

"Rhonda Britten continues to inspire me as an extraordinary life coach who turned her own shattered world around to live a life filled with integrity, gratitude and a passion to share her gifts with others. Her supportive, motivating approach will compassionately guide you to your own fearless path. By sharing her insights and challenging your fears, Rhonda and Fearless Living will lead you, chapter-by-chapter, to 'live the life your soul intended'™."

- Lori Welter, MD MS, MBA

"This course is more than a laser beam, it's like open heart surgery for me! You have given me a new lease on life. The veil has been lifted; my eyes can now see me instead of the distortion I had come to believe. Thank you for the strength and insight you have given me. I have been waiting so long to open this gift and now I am delicately removing the wrapping and discovering the me God created. This is exactly what I needed. I am so grateful."

- Linda Knoll

"Fearless Living has radically changed my life. I went from a life full of fear...fear of looking like a loser, fear of being seen as worthless and fear of being seen as unworthy of love...to a life where I'm taking risks in all areas of my life. I obtained my dream job (during the worst economy), started a master's program (another dream) and am now in a committed loving relationship (a third dream come true). Those things would not have happened without Fearless Living. Fearless Living has pushed me outside my comfort zone and given me the tools that have opened the doors of opportunity to me."

- Michael Goonan, CFLC, Director of Career Services

"Yesterday I spent hours reflecting on this course and doing the lists. What an amazing day. I see my insights are changing dramatically, but so is my LIFE. I want to keep going."

- Dave Moore

"With Fearless Living, I gained self-worth, personal power and confidence. I was afraid to connect with other people and face the world. Now I have deep friendships and I'm planning a trip abroad to see world wonders and meet new people. I gained independence, accountability to my own commitments and have the courage to follow-through. I live in passion and enthusiasm and have fun! I was about to quit school because I wasn't perfect, and now I relish in my humanity and am proceeding further in even more fascinating studies. I was the beat-myself-up Queen and now I practice compassion. I love myself for the first time. Thanks to Fearless Living, I literally have gained hundreds of new skills. I know that opportunities are around every corner, and today, life is about turning dreams into reality."

- Ayelet Weisz, Travel Journalist, Israel