

Transformational Intentions

When you choose to look at core issues as an opportunity, you are much more likely to transform your fears into learning tools which lead to a better life. Below are the most common core issues, their related fears, and suggestions for dealing with them.

Examples of Core Fears

- **Abandonment** – Nobody cares about me. I'm all alone. I don't matter.
- **Arrogance** – I'm better than all of you. I'm too much. I'm right and you're wrong.
- **Damaged** – Something is wrong with me. I'm a failure. I'm damaged.
- **Inferiority** – I'm not good enough. I'm stupid. I'm worthless. I'm boring. I'm hopeless.
- **Rejection** – I'm a burden. I'm unwanted. Nobody wants to spend time with me.
- **Shame** – I'm bad. I'm evil. I'm a mistake. I'm a monster. I'm disgusting. I'm possessed.

Examples of Overcompensators

- **Abandonment** – Always need to be included, join everything to avoid deeper feelings.
- **Arrogance** – Act very humble, hiding their deeper belief that no one can match them.
- **Damaged** – Present themselves as always great, avoid talking about their problems.
- **Inferiority** – Macho, domineering, need to prove they are better than others.
- **Rejection** – Present themselves as incredibly desirable, yet reject others easily.
- **Shame** – Overly nice and giving. Overcompetency. Secretly fear being exposed as fraud.

Suggested dialogue for Transforming Fears

- **Abandonment** – I am worthy of love. I can find ways to safely share myself with others.
- **Arrogance** – I can learn from all around me. I can see goodness in everyone I meet.
- **Damaged** – I am whole and complete just as I am. I can choose to love all of me.
- **Inferiority** – I am a good, valuable person. I can make meaningful contributions to the world.
- **Rejection** – I am an attractive, interesting person. People can enjoy getting to know me.
- **Shame** – I can be gentle with myself. I can hold the best intentions for all deep in my heart.