

## $\Delta$ Think about a situation where you felt fear. Write this down.

Was this as a child or was it something recently? (Maybe it was fear about an important event in your life.)

What did you do to overcome this fear?

 $\Delta$  Now think about a situation with a client and how you may have dealt with a fear in either a contract situation, maybe your 1<sup>st</sup> while consulting with them.

How did you react to that feeling of fear?

 $\Delta$  Now write about one of your fears experienced and write how the outcome can be changed when you put the focus on what is best for the other person and/or your client and not your fear?

 $\Delta$  Explain the different outcome when you are client focused vs. focused on your fear.meeting with them or something that happened

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