

from fear to trust

MAKE A MINDSHIFT

DANIELLE FOOLEN

FOREWORD

Thank you for downloading my e-book.

10 years ago I was living an apparent fantastic life in Portugal. Married and blessed with three daughters, I had a top position as a CFO, two houses, two dogs and a busy social life.

But I was deeply unhappy and felt **STUCK**. One day a friend asked me "but Daan, what do you want?" I had no clue... I could not feel what my needs were. Even the act of feeling anything was new to me. I had lost touch and became numb. Since then I dived into dozens of workshops, courses, trainings, reading hundreds of books. I gained insight into what needs I actually have, how to feel again and understand how emotions work.

To the people surrounding me, my search was not always understandable. They wondered what I was looking for and when I would be finished. So far I had no answer. Recently however it made sense to me. When being introduced to a fixed set of meta goals recently, I found the missing link. The link to a structure which, for me, captures the essence of my search to feel free like a bird.

I combined our 6 basic needs with our 6 biggest fears and 6 meta goals in a structure. To shift in ease from fear to trust and get **UNSTUCK**. I hope this method can also be of help to you.

If you are interested in knowing more, check www.daniellefoolen.com or contact me directly.

Enjoy the reading!

Daniëlle Foolen

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CHAPTER 1 INTRODUCTION

How wonderful would it be, if we could live without fears and worries?

Completely free like a bird, in the flow doing everything effortlessly and with success? Away from feeling stuck in the same place, stumbling on the same obstacles on your path over and over again?

It does not have to be difficult or complicated, and can be done by focussing on meta goals.

Often we form our own roadblocks in our minds, obstructing ourselves to feel total freedom.

We know what we do NOT want, but have no clue what we DO want. We feel stressed, numb and do not see how we can get up and continue our journey. Indecision, doubt and fear are our largest hindrance to get to that feeling of freedom.

If we understand how our brain works and what our 6 intrinsic human needs are, we can see what is behind our 6 biggest fears. By focussing on 6 meta goals you can release fears. **And make a mindshift.**



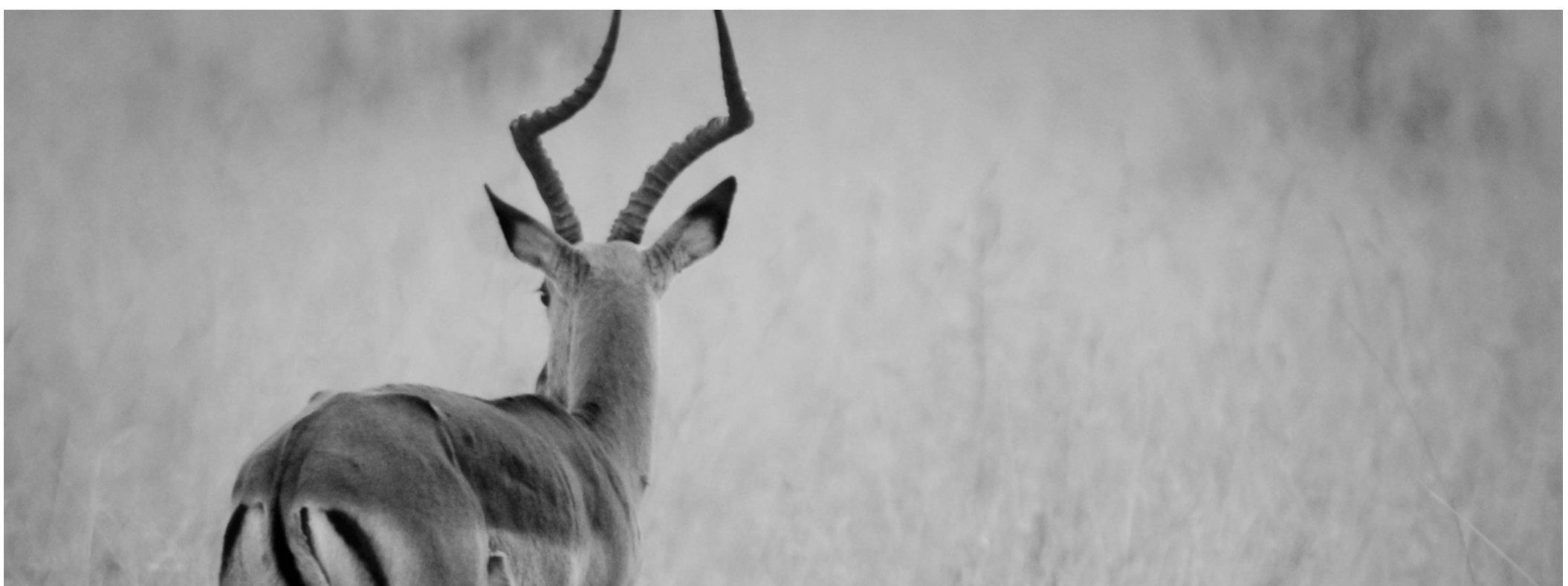
CHAPTER 2 HOW DOES IT WORK?

Actually it is very simple.

Fears work on the unconscious and automatic part of your brain. This so-called emotional brain coordinates and executes the vast majority of our bodies' activity. It works next to the rational brain which takes decisions by concentration and analysis.

Fear is a deeply routed survival mechanism which drives humans to action: fight, flight or freeze. If we are stuck we are frozen. Like the deer which pricks its ears and freezes when hearing a sound. Or the impala which is hunted down by a lion and enters into this coma-like status. When the predator is distracted, the impala gets out of the freeze and escapes.

Subsequent to such incident, animals release the built up stress in their body by shaking it out and continue their lives. They can do this several times a day. Humans do not have the habit to unload such excess stress.



Not only do we keep the excess stress inside our bodies, we also have a rational brain which remembers past experiences. When triggered by something you see, hear or smell, annoying or painful memories can come up. Like a tape recorder you switch on and a current experience is mixed with old stories. Various emotions rush through your body. Different feelings present itself so fast and simultaneously, that it is difficult to distinguish what is actually happening and what you are feeling. But you know that it does not feel good. Or maybe that you feel nothing.

By focussing our conscious brain on abstract meta goals, you can cut the tape. This makes more room available for constructive thoughts while at the same time allowing your brain to spot opportunities that are consistent with your meta goals. As such you proceed with less effort in the desired direction.



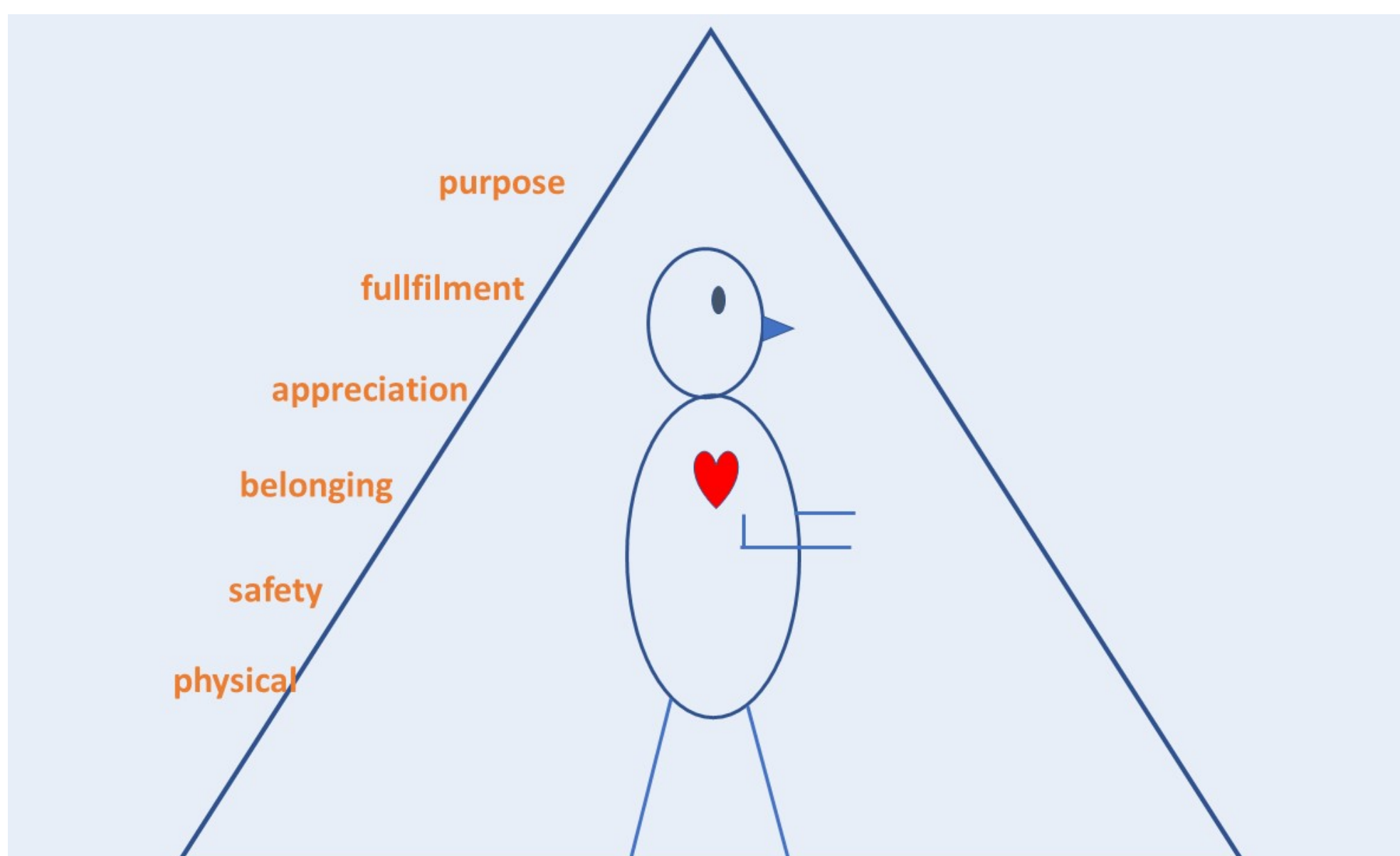
CHAPTER 3 SIX NEEDS

Our physical and emotional needs are the conscious and unconscious drivers of our thinking and acting. Which on its turn results in our behaviour.

Every human being is unique in her or his wishes and the ways to get those satisfied. A simplified and uniform overview of all human needs is the Maslow pyramid. Maslow researched behaviour back in the 1930' who created a theory to explain human behaviour based on needs.

The basic needs to survive are at the basis of the structure, like the fundament of an iceberg.

Other needs, related to personal development, become more relevant if the basis is sufficiently broad and stable.

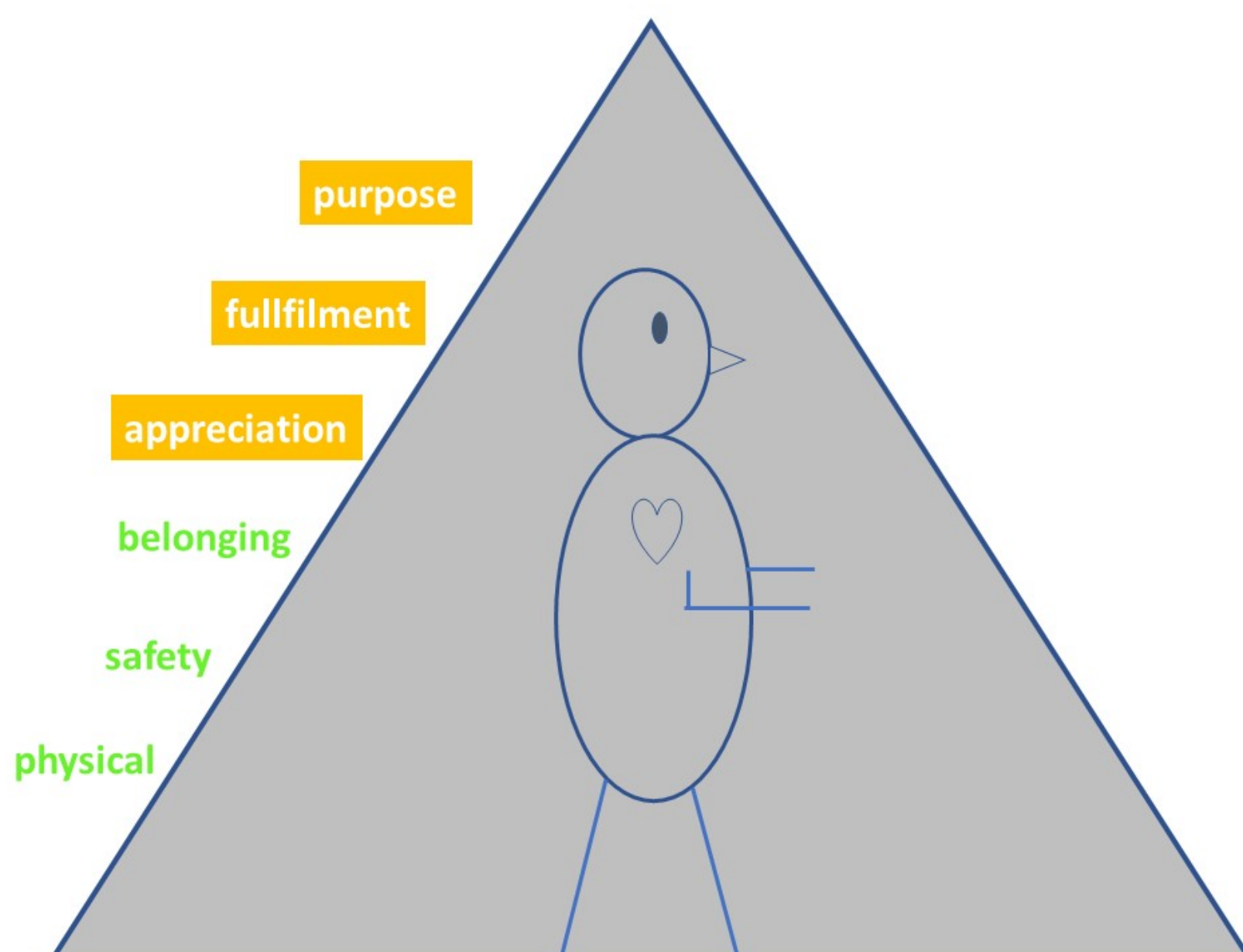


The three basic needs are:

1. Physical needs, that is to have air, food and drink,
2. Need for safety, to have physical and emotional protection by a roof over your head, and
3. Need to belong, as a herd animal we need friendship, being part of a group of people and feel intimacy.

The following three needs, the development needs are:

4. Appreciation, this focusses on the person as an individual and is the basis for appreciation of the other person,
5. Fullfilment, the need to develop yourself and live your best life,
6. Purpose, give a meaning to your life and transcend yourself as individual.

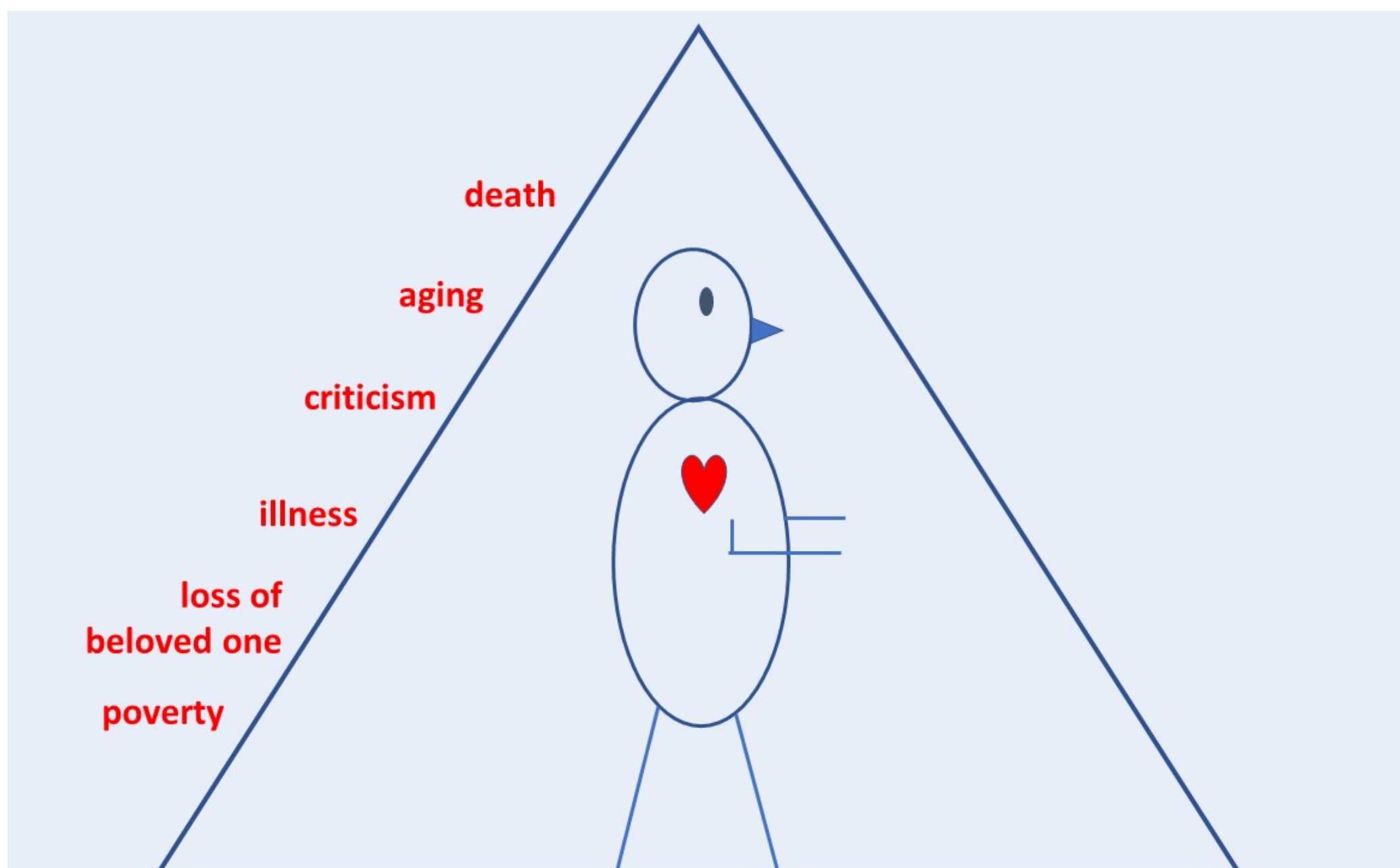


CHAPTER 4 SIX FEARS

Fear is like a siren which sets the body up for survival in a physically threatening situation. The body is prepared for fight, flight or freeze by means of cortisol and adrenaline. The heart beats faster, all muscles are tightened and our pupils enlarged.

Today this survival mechanism is rarely needed for actual life threatening situations.

Nevertheless it can be daily activated by feelings of anxiety, worries and fears that lead to the same physical reactions. Especially in the current challenging times, feelings of stress can be triggered multiple times a day.



Where and when do you feel fear and stress? And what do you do? Are you working harder, or do you switch to eating, binge watching or other activities to keep your mind busy in another way?

Or do you stay numb on your couch, not knowing, having your mind go around in circles and not feeling able to do something else?

The feeling of fear that is manifested in your body is a signal of the thought that a need is not met. That there is a shortage of some kind.

Therefore the six main fears are related to the six human needs. The first three, poverty, loss of beloved ones and illness result in the other three fears of criticism, aging and death.

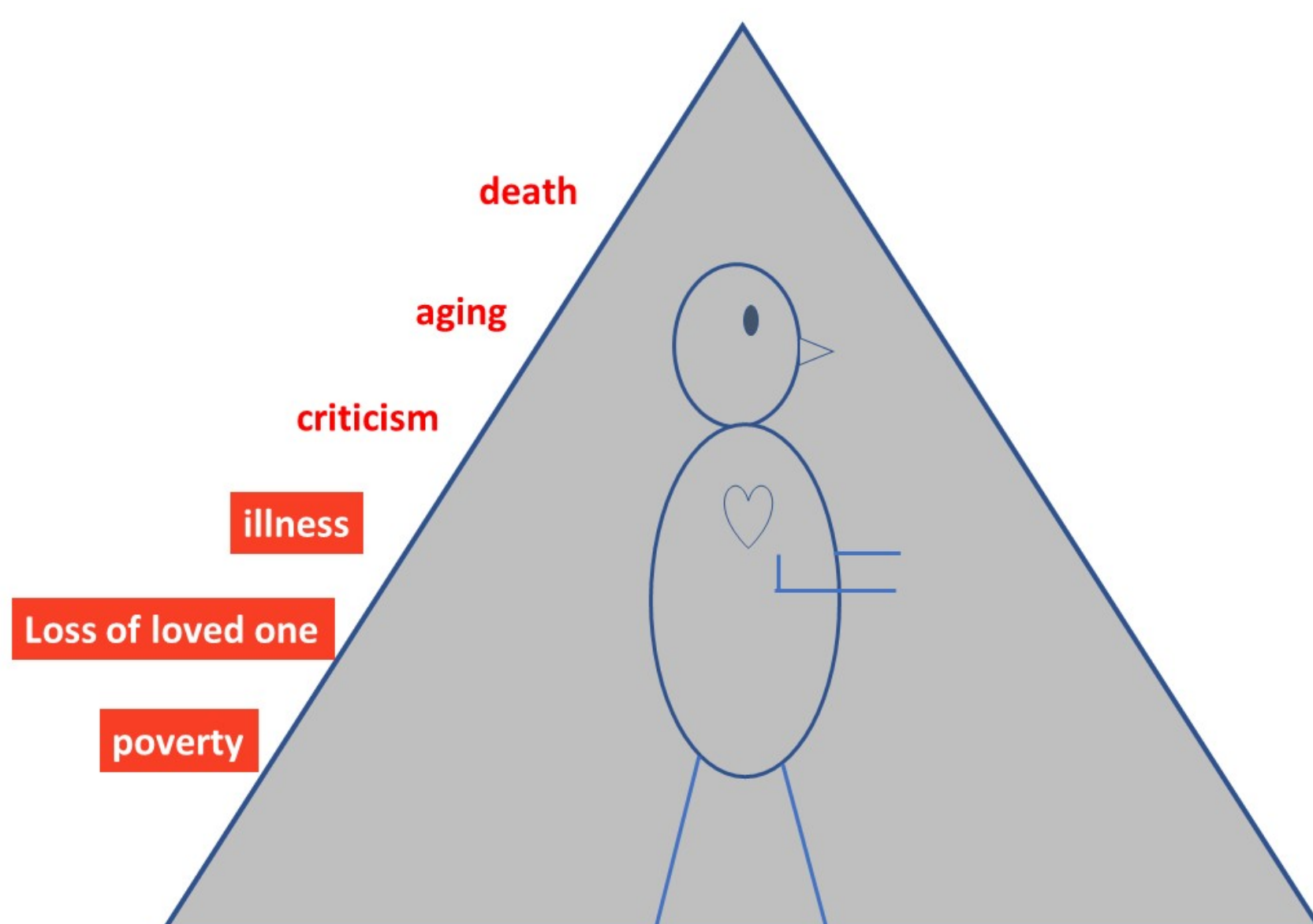


The three basic fears are:

1. Poverty, the fear of not having enough money to secure basic physical needs and more in general fear of shortage that there is not enough,
2. Loss of loved one, people can literally get sick or die of a broken heart,
3. Illness, especially in those days very relevant and daily triggered.

The three resulting fears are:

1. Criticism, the feeling that one is not enough when comparing to other people, focusing on what is missing or lacking,
2. Aging, not accepting decay or the fact that things change and wanting to maintain control,
3. Death, being afraid of the irreversible and unknown nature of the end of life.



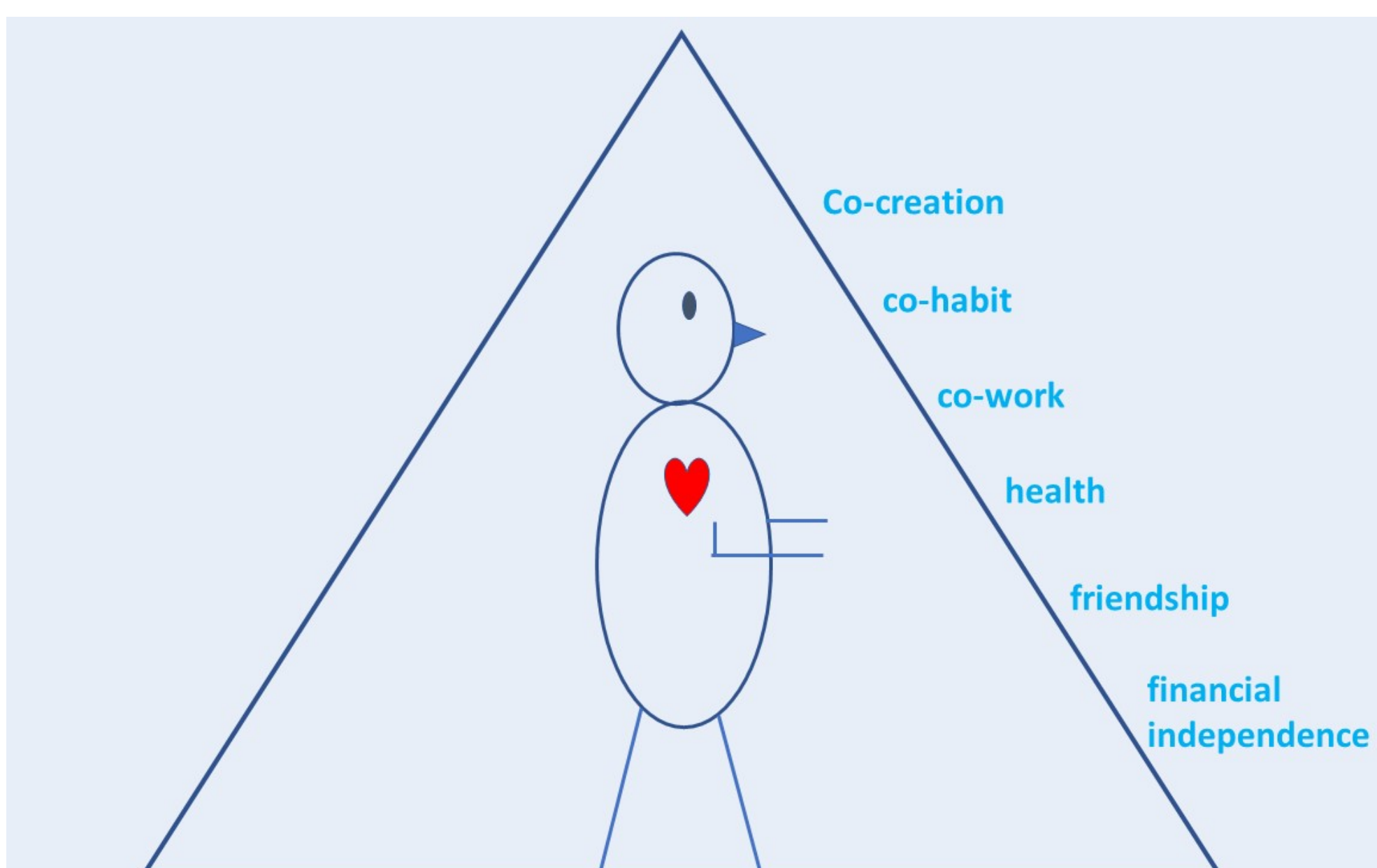
CHAPTER 5 SIX META GOALS

A meta goal is a goal above a goal. The heart of the matter or the WHY under the 'what' and 'how'. This type of goals communicate with the emotional part of the brain. The more abstract and universal the goals are, the less risk of associating old stories, thoughts or memories with them.

The mindset that is needed on these meta goals is similar to the focus of a captain. He has his eyes firmly set on the harbor while maneuvering the ship together with the crew.

He is aware of the surroundings and regularly checks the compass. His actions are immediate when conditions change, he does not wait of what might come.

There is no doubt in his mind and he is confident that the ship with the crew will arrive safely at the destination. He is in charge.



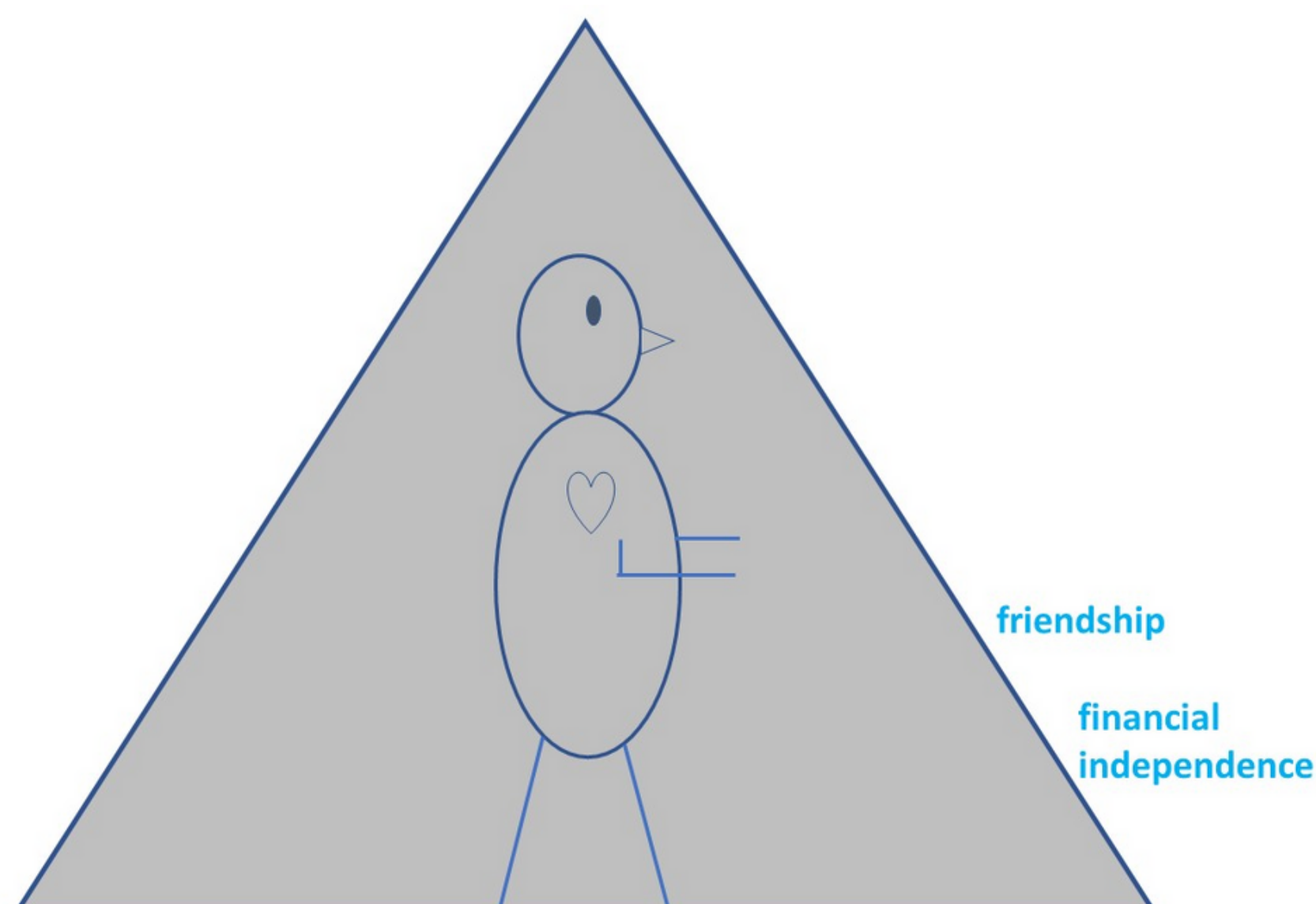
The six meta goals are:

1. Financial independence.

Do you work to live or do you live to work? Most people work to live. To earn a salary and pay the bills. Like a hamster in a spinning wheel, running from paycheck to paycheck. In the remaining, scarce, free time they do what is really their passion, as a hobby or volunteering. By taking a different view at money and by focussing on financial independence as a meta goal, you make room in your brain which frees up creativity with which you can do things you really long for.

2. Friendship

Are your relationships unconditional? Or only to a certain level? We have learned that you have to do the right thing to get approval. Instead of being okay just as we are, no matter what. Human doing versus human being. When you always choose for the other, what he or she chooses for him or herself, you can never loose a friend. You can than make decision for friendship instead of in fear against loneliness.

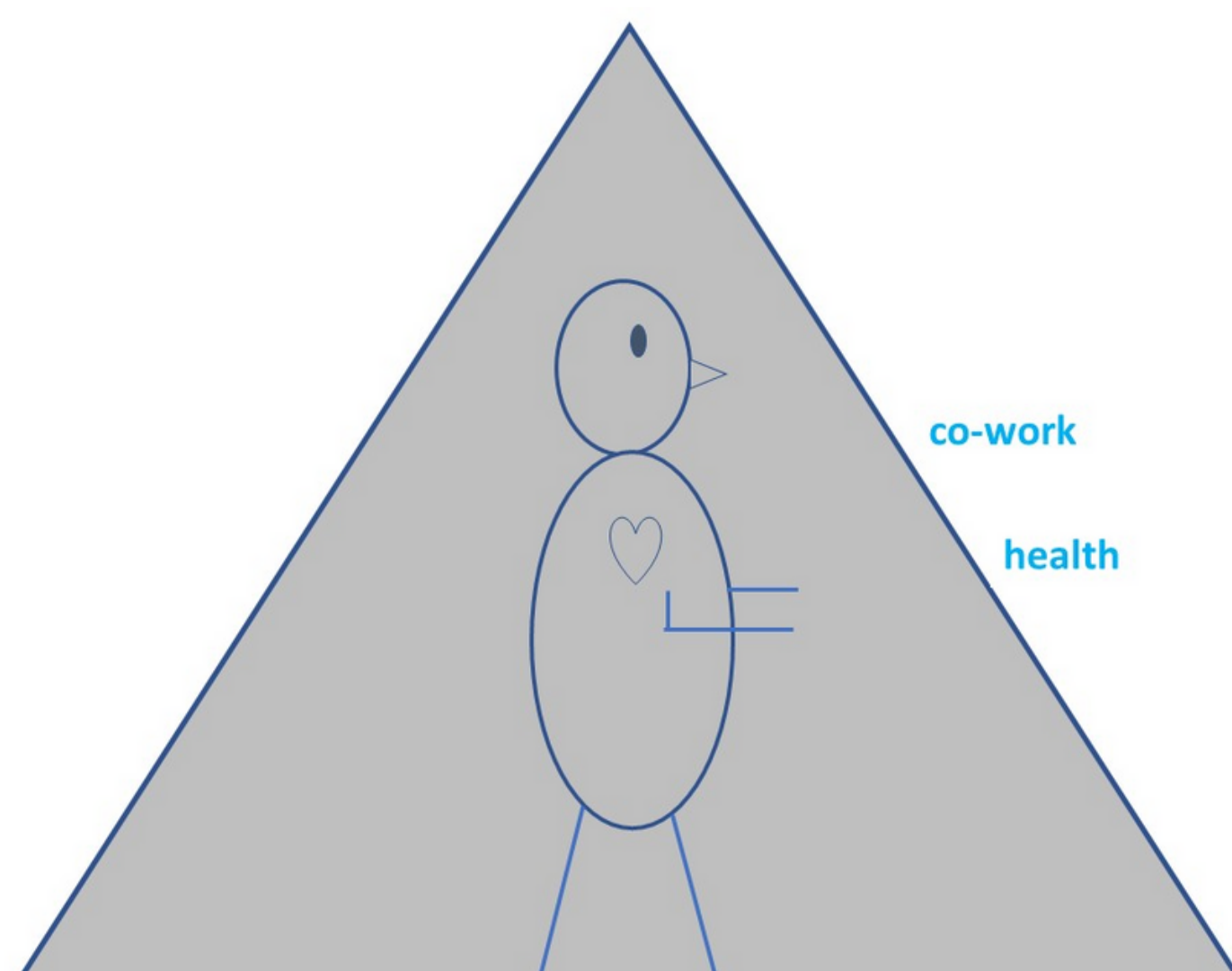


3. Health

Do you choose a pleasant life or a healthy life? Can you actually feel your body? Often we choose for easy and temporary fulfillment in whichever form. And associate health with renouncing of things like alcohol and chocolate and also with tough work outs and sweat. What if that is unnecessary? And you do not have to eliminate anything? By focussing on health as a meta goal you will be automatically drawn to things that are good for your body. While also enjoying everything without feeling guilty.

4. Co-working

This is often interpreted as dividing something 50/50. Alternatively you do everything by yourself. We might think that we are co-working but in effect we are working next to each other, on our own and without having a clear common goal. Neither in our families, relationships and friendships. The focussing on co-working as a meta goal assumes equality. How and what each party does is not important because you can not reach the common goal without the other. Each person contributes in his or her way which is both equally valuable.

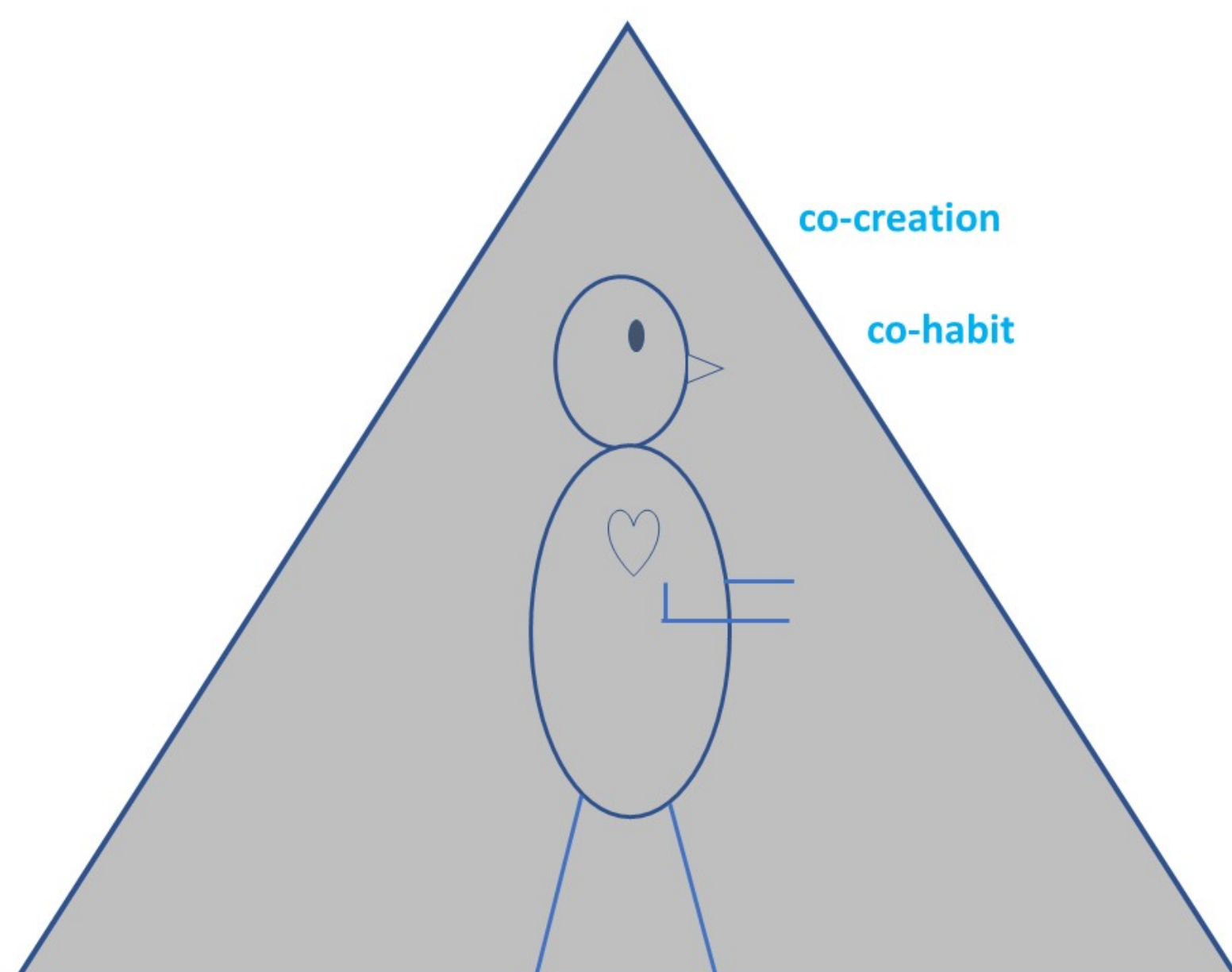


5. Co-habit

Do you co-habit or do you live together under one roof? If we live together, often we end up in an old pattern where we, just like with working together, live separately. And try to transform the other person, adapting him or her to our standards. As if these are the 'only and right' ones. Do you prefer to be right or to be happy? When co-habiting is a meta goal for you, discussions will be considered automatically and effortlessly of less importance and subordinated to the co-habiting meta goal.

6. Co-creation

What have you created so far in your life? We are mainly taught to do things and reach levels, not so much to create. To create is something that you do from within, an urge that wants to be seen. The focus on creation ensures that this power is unlocked and freed up. First it will feel uncomfortable but soon the current, the flow, will be unstoppable.



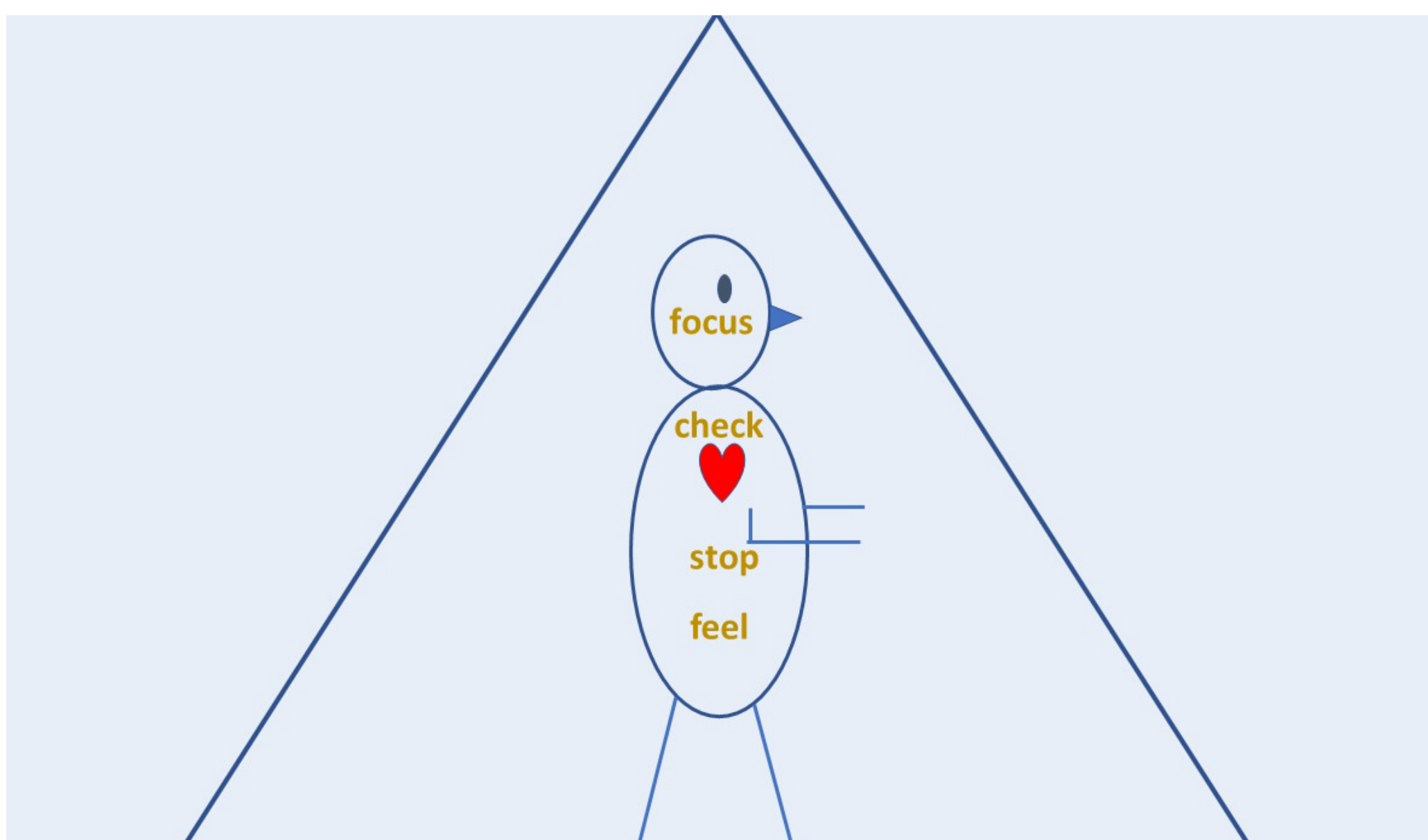
CHAPTER 6 THE STEPS

To get from fear to trust I use four simple steps.

Sometimes I adapt some steps if I want to understand the pattern underlying recurring feelings. On my website and in the online courses I will set out in a systematic way the various methods with which you can do this. I will also include my personal experience and indicate possible options.

Following these four steps is like with anything: practise makes perfect. You also did not learn to walk or bike without falling...

Just do not give up!

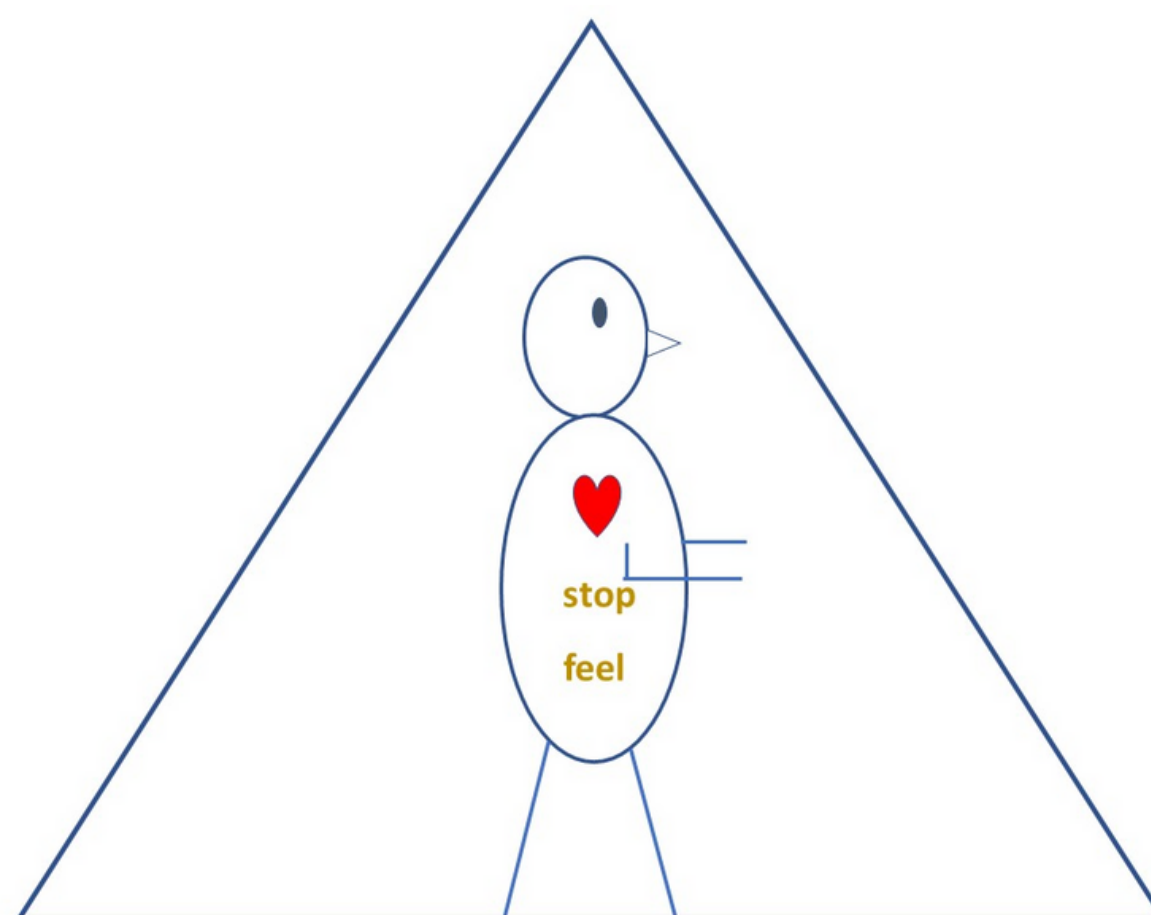


1. Feel

Notice what you are feeling and where in your body this fear, anxiety or worries are located. This seems very simple but it can happen that you are so stuck in a pattern that it is difficult to feel your body or the subtle signs it gives. As a principal rule: if you notice you are not feeling fine, you know the cassette is active in the background.

2. Stop

By doing 180 degrees the opposite of what you are doing at the moment you feel unease, you can stop the tape. Do what you normally do not do. Decide to change the pattern. Take a conscious decision to do so. This is certainly easier said than done because your stressed brain can tell you not to.

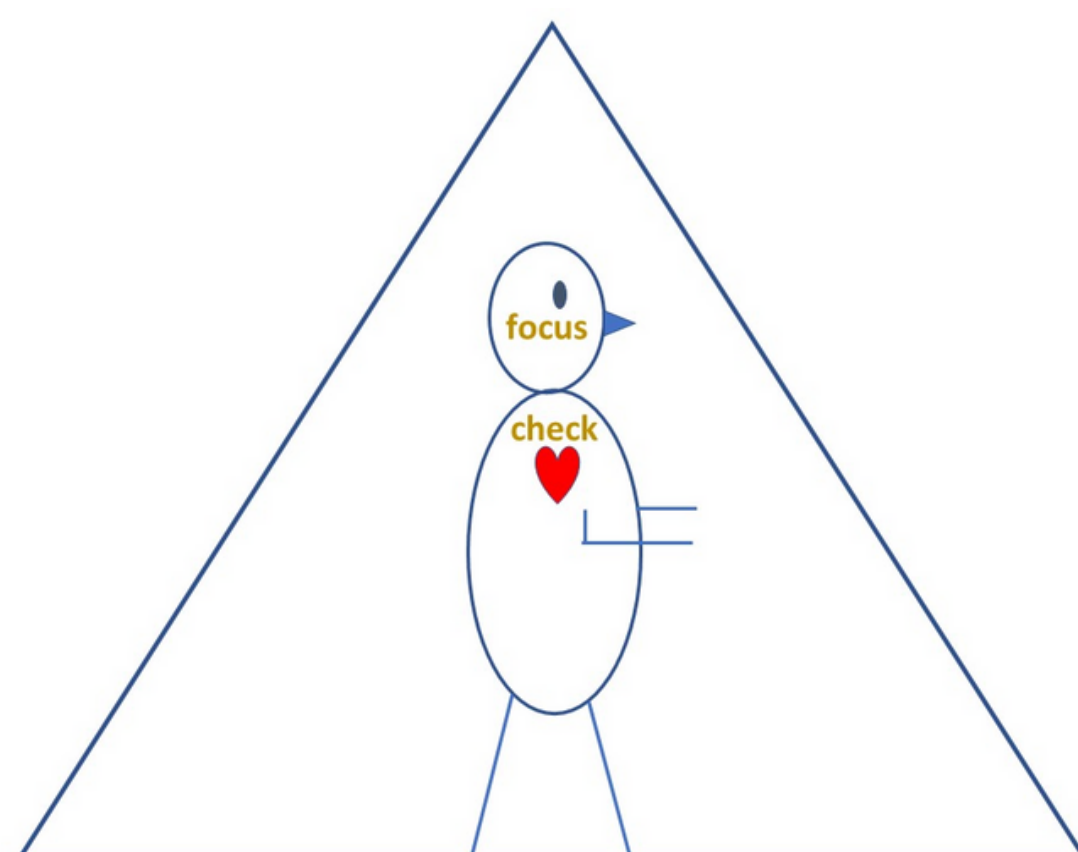


3. Check

Revise which shortage is in the lead. So which need is not met and subsequently to which fear this is leading. Understand this by feeling what is going on inside your body. You do this while you are doing the opposite activity from step 2. This can feel uncomfortable or unnatural, like sitting in a chair doing nothing while your body and head scream to keep on working. While you do this you check all the 6 needs and 6 fears and feel what comes up in your mind and body. Let all thoughts and feelings flow freely, release them and observe what happens to your breath and heartbeats. When you feel overwhelmed, just redirect your mind or eyes to something else that gives you joy in order to regulate the emotions.

4. Focus

Cut the cassette by focussing on the specific meta goal that is linked to the fear you feel in step 3. As the human brain is very developed and strong, it is like an elastic band which springs back easily from the meta goal into the old thoughts and beliefs. Also here: practise, practise, practise. Repeat in a way that is suitable and comfortable for you. Write it down, put it as a reminder in your phone, repeat it while exercising. Anything which supports you to make a mindshift.



EPILOGUE

Meta goals do not have a time limit. We can not say that we want to have reached them in 1, 2 or 12 months. It is like learning a new language. Can you tell at what date you learned English? This is a gradual process, you can master a language when only knowing 10 words as well as with a more extensive vocabulary of 5.000 words.

If your goal is to learn 200 English words, you might push yourself in a rigid schedule of memorizing a certain number of words per day. If your goal simply is to learn English and you have this in the back of your mind, you will be more open to all the possibilities that can develop your language skills. For example by being more attentive when viewing an English spoken movie, linking the subtitles to the spoken words. You become more creative and involved, utilizing every opportunity to reach your goal effortlessly.

I wish you succes, perseverance and joy on your journey.

If you are interested to learn more about the method do not hesitate to contact me at info@daniellefoolen.com