

BEFRIENDING FEAR EXERCISE

This next exercise uses the mindfulness of breathing exercise and incorporates promises on the in-breaths and out-breaths.

When we are aware that what we are feeling is fear, we say to our fear:

'Breathing in: **'I know you are there my fear.'**

'Breathing out: **'I will take care of you.'**

We simply practice this over and over. We may also practice with our anger, or loneliness.