# Fear of Change Date:

**Delete blue text before printing** – *As the coach you can use this worksheet as your very own cheat sheet to navigate your client through a session.*

*This questioning model is excellent to use during a session when you have identified that you client is fearful of change and is ready to overcome the fear.*

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| 1.  | Can you remember a time when you felt fear, and you did it anyway? How did it feel? |
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| **2.** | **What are you missing out on by not letting go of the fear?** |
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| **3.** | **Imagine that your fear is a wall that you are hiding behind? How did you create that wall in the past?** |
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| **4.** | **If you didn't hide, what would you do instead?** |
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| **5.**  | **What specifically is your fear focused on?** |
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| **6.**  | **If fear weren’t an issue, what would you do instead?** |
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| **7.**  | **If you knew that 100% success was guaranteed, what would you do?** |
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| **8.**  | **If you knew everyone would support you, regardless of the results, what would you do?** |
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| **9.**  | **What is the first step that has to happen before you get started?** |
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| **10.** | **What new thing(s) are your prepared to do to move forward now?** |
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