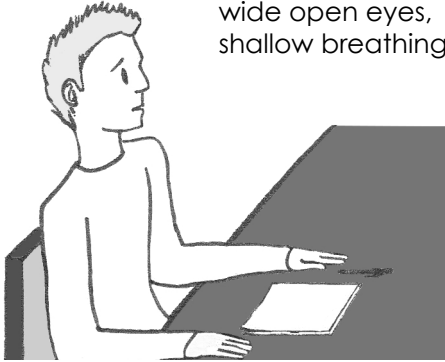


4 Fear Melters™

Antidotes to Do in Your Body

All are best done standing, and they can be done in subtle ways while sitting too.

The Freeze: characterized by tight or stiff posture, wide open eyes, shallow breathing



FREEZE can be shifted by ***WIGGLE**. Start moving fingers, toes, hands, feet, limbs, pelvis, shoulders, spine, neck and jaw. Can be done nearly invisibly in public in very subtle ways.

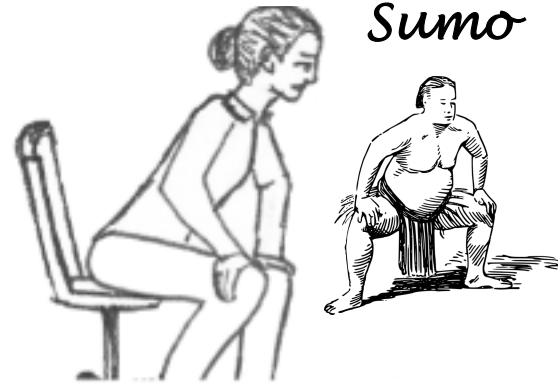


Wiggle

The Flee: characterized by leaning away, diverted eyes, lost in thought particularly in the future or past



FLEE can be shifted by ***SUMO**. Stand and bend at the hips and knees, putting all weight into hips, legs, and feet. Or lean into ground/chair, tensing thighs while sitting.



Sumo

The Faint: characterized by loss of energy, feeling tired, fuzzy thinking, blankness, or confusion



FAINT can be shifted by (Katie teaches ***Love Scoops** and a derivative movement is) **LOVE HOLD**. Cross forearms in resistive contact. Pull one in and push out with the other. Do this in public by arcing arms, layering fingers, pulling them in and pushing them out.



Love Hold

The Fight: characterized by a reactively quick response, forward movement, chin up, attacking or challenging words or actions



FIGHT can be shifted by ***OOZE**. Imagine being a lava lamp, caramel syrup, or curving on a soap bubble: move, speak, & think curvily and sloooooowwwlllyyy. Do it in your head in public and move a finger or toe.



Ooze

