

**How to Make Friends with Fear:
Harness the power & success factor of fear**

**Emotional States of Fear
from The Sedona Method
www.sedona.com**

Anxious	Apprehensive
Cautious	Clammy
Contracting	Cowardice
Defensive	Distrust
Doubt	Dread
Embarrassed	Energy draining
Evasive	Foreboding
Frantic	Hesitant
Horrified	Hysterical
Inhibited	Insecure
Irrational	Mind fogging
Nausea	Nervous
Panic	Paralyzed
Paranoid	Scared
Secretive	Shaky
Shy	Skeptical
Stage fright	Superstitious
Suspicious	Tense
Terrified	Threatened
Timid	Trapped
Uncertain	Uneasy
Vulnerable	Want to escape
Wary	Weakening
Worry	