



FEARLESS CODE

Emergency Protocol

1. EXPOSE THE ALGORITHM

-> NO LONGER REACT TO THOUGHTS / FEELINGS

"These thoughts and feelings are merely the result of my old algorithm. However, I am now interested in something else. That's why I no longer react to these thoughts and feelings, because they are no longer interesting."

2. EXPOSE THE WORST CASE

-> IGNORE AND OVERWRITE THOUGHTS

"My subconscious automatically assumes the worst-case scenario in order to protect me. It wants to keep me in the known and protect me from the unknown. But that's not necessary now, because I consciously choose the unknown. There is no danger at all."

3. EXPOSE THE PARADOX

-> DON'T FALL INTO THE TRAP

"If I try to get rid of the fear or check whether it is still there, I only reinforce it. So from now on, I will permanently focus on something else – on what I want: inspired action."

4. REALIGN YOUR FOCUS

-> REMOVE RELEVANCE FROM THOUGHTS AND FEELINGS

"I unconsciously focused on something that I didn't want. I have now realized that. So now I will consciously focus on something that I do want: inspired action."

5. FOLLOW YOUR FOCUS TO AN ACTION

-> PROGRAM A NEW ALGORITHM

"I am now interested in this action and am doing it."

Repeat the steps consistently every time you feel unwell!

Important: Your focus isn't on getting rid of something or distracting yourself from it. Your focus is on discovering something new!

You can find further detailed guides and helpful tutorials in the Bonus Module on the website: www.fearlesscode.de