

THE 7-DAY

Fear-to-Choice Practice

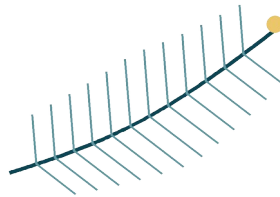
A Soul Solutions® companion for noticing fear, interrupting the old pattern, and choosing a love-led response



Fear is information. It does not get to lead.

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Companion to Soul Solutions® for Overcoming Fear & Limiting Beliefs

How to Use This Practice

Fear often moves faster than conscious choice, which is why a reaction can feel complete before you have had time to examine it. This seven-day practice gives you one simple movement to work with each day so you can slow the pattern down and see what it is trying to tell you. Use one real situation rather than trying to solve your entire history at once, and give yourself ten to fifteen quiet minutes to write without judging what appears. You are not trying to eliminate fear or force yourself into positivity; you are practicing how to recognize fear, make room for truth, and choose a response that reflects who you are now. At the end of the week, you will have a repeatable path you can return to whenever an old story, trigger, or limiting belief begins to lead.

FEAR Notice the signal	AWARENESS Create the pause	CHOICE Respond from love
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A SIMPLE RULE FOR THE WEEK

Write the facts before the story. Name what you notice before you explain it. Then ask what response would feel honest, grounded, and aligned with your values now.

Your Seven Movements



You do not have to move through all seven steps every time. Some moments only require noticing and pausing, while others invite you to question, reframe, choose, act, and return. The practice is not perfection. The practice is returning to awareness before fear becomes the only voice in the room.



DAY 1

NOTICE

Notice without judgment. A signal is information, not a verdict.

The first movement is to notice what is happening before the reaction becomes the whole story. Fear often begins as a body sensation, a quick conclusion, an emotional shift, or an urge to protect yourself before you have consciously decided anything. Naming what is present creates a small amount of space between you and the pattern, which makes choice possible. Today, you are not trying to fix what you notice or decide whether it is reasonable. You are simply practicing the courage to see what is here without judgment.

TODAY'S FOCUS

Notice without judgment. A signal is information, not a verdict.

What happened, stated as plainly and factually as possible?

What did I notice first in my body, emotions, thoughts, or behavior?

What urge appeared immediately: fix, flee, freeze, please, control, defend, hide, or something else?

TODAY'S LOVE-LED RESPONSE

1	2	3	4	5	6	7
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DAY 2

PAUSE

A pause is not avoidance. It is where choice begins.

The pause is the space between activation and action, and even a brief pause can change what happens next. When fear is leading, the egoic mind wants speed because quick reactions prevent you from examining the story underneath them. A slow breath, a short walk, silence, or choosing not to answer immediately can create enough room for the soulful self to re-enter the conversation. Pausing does not mean avoiding the situation or pretending you do not care. It means giving yourself time to respond from the present instead of repeating the past.

TODAY'S FOCUS

A pause is not avoidance. It is where choice begins.

What do I usually do too quickly when I feel activated?

What can safely wait a few minutes, an hour, or a day before I respond?

What changes when I give myself three slow breaths before deciding what to do?

TODAY'S LOVE-LED RESPONSE

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DAY 3

QUESTION

Familiar is not the same as true.

Fear often speaks with certainty even when it is repeating an old conclusion. It may insist that you are unsafe, unworthy, unprepared, too much, not enough, destined to be rejected, or responsible for keeping everyone comfortable. Questioning the thought does not mean arguing with yourself; it means becoming curious about whether the belief belongs to the present or to an earlier experience. When you examine the story, you create room for evidence that fear may be ignoring. Today, let curiosity loosen the grip of certainty.

TODAY'S FOCUS

Familiar is not the same as true.

What story is fear asking me to believe?

What evidence supports this story in the present moment, and what evidence does not?

Is this fear warning me about real danger, or asking me to avoid discomfort and unfamiliarity?

TODAY'S LOVE-LED RESPONSE

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DAY 4

REFRAME

Reframing changes your relationship with the story, not the facts.

Reframing is not forced positivity, denial, or an attempt to make something painful look pleasant. It is the decision to view the situation with more information than the original fear-based story allowed you to see. A reframe does not erase what happened, but it can separate what happened from the meaning fear assigned to it. When you include context, growth, boundaries, present-day resources, and your own capacity, the story becomes more complete. Today, you are practicing a truthful perspective that makes room for both compassion and power.

TODAY'S FOCUS

Reframing changes your relationship with the story, not the facts.

Write the original fear-based story in one sentence.

What important truth, context, resource, or evidence is missing from that story?

Rewrite it beginning with: "A more complete truth is..."

TODAY'S LOVE-LED RESPONSE

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DAY 5

CHOOSE

Responsibility is not blame. It is the return of choice.

Choice is where awareness becomes responsibility, because once you can see the pattern you can decide whether it deserves to lead. You may not choose the first thought, feeling, body sensation, memory, or fear that appears, but you can practice choosing what happens next. The most aligned response may be speaking honestly, setting a boundary, asking for help, resting, waiting, forgiving yourself, or walking away. Fear usually demands urgency or certainty, while the soulful self can tolerate the discomfort of making a conscious decision. Today, practice choosing the response that reflects your values rather than the response that simply feels familiar.

TODAY'S FOCUS

Responsibility is not blame. It is the return of choice.

What choices are actually available to me right now?

Which choice is fear demanding, and what is it trying to prevent?

Which choice best reflects my values, boundaries, honesty, and self-respect?

TODAY'S LOVE-LED RESPONSE

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DAY 6

ACT

Courage becomes believable when you practice it.

Transformation becomes real when the new response leaves your thoughts and enters your life. An aligned action does not have to be dramatic; it only needs to be different enough to interrupt the old pattern and show you that another response is possible. The action may be a single sentence, one boundary, one email you finally send, one request for support, or one decision to stop abandoning yourself. Taking action also gives you evidence that you can survive the discomfort of behaving differently. Today, let the action be small enough to do and meaningful enough to matter.

TODAY'S FOCUS

Courage becomes believable when you practice it.

What is the smallest meaningful action I can take today?

What discomfort am I willing to tolerate in order to act authentically?

After I act, what evidence will I have that I can respond differently?

TODAY'S LOVE-LED RESPONSE

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DAY 7

RETURN

Healing is not never drifting. It is knowing how to return.

You will not practice this perfectly, and perfection is not part of the framework. Old patterns can reappear when you are tired, triggered, rushed, disappointed, or facing circumstances that resemble the past. The real movement is learning to recognize when you have drifted and return without turning the misstep into a new reason for shame. Returning rebuilds self-trust because you learn that one reaction does not erase the progress you have made. Today, practice coming back to yourself with honesty, compassion, and the willingness to choose again.

TODAY'S FOCUS

Healing is not never drifting. It is knowing how to return.

Where did I react from an old pattern this week?

How quickly did I recognize that I had drifted?

What did I learn about returning to myself without shame or self-punishment?

TODAY'S LOVE-LED RESPONSE

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Your Fear-to-Choice Map

Use this page whenever fear becomes loud enough to narrow your options. You can move through the boxes in order, or begin with the movement that feels most available. The purpose is not to make the experience tidy, but to give you a place to separate the event from the story, the signal from the prediction, and the old reaction from the response you want to practice now. The more often you write the pattern down, the easier it becomes to recognize it in real time. Keep this page nearby as a simple reset whenever you need help returning to yourself.

NOTICE

What happened, and what did I notice in my body, thoughts, or emotions?

PAUSE

What can wait long enough for me to become grounded?

QUESTION

What story is fear telling me, and is it true right now?

REFRAME

What fuller, more compassionate truth can I include?

CHOOSE

What response aligns with who I am now?

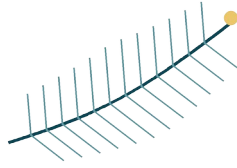
ACT

What is one concrete action I can take?

RETURN

If I drift, how will I come back without shame?

Continue the Journey



SOUL SOLUTIONS® FOR OVERCOMING FEAR & LIMITING BELIEFS

This practice is a small introduction to the deeper work inside Book Two of the Soul Solutions® series. The book explores how fear disguises itself, how limiting beliefs take root, how the egoic mind keeps old stories active, and how reframing creates room for a different response. It also expands the seven-movement framework you practiced here so you can use it with triggers, control, courage, self-worth, and the everyday situations that call you back into old patterns. The goal is not to become fearless or untouched by life; it is to become more aware of what fear is doing so it no longer makes every decision. When you are ready, continue the journey by learning how to respond from the truth of who you are instead of allowing fear to lead.

FOR INKLINGS + SEPTEMBER READERS

Keep this guide. Print a fresh copy whenever you want to work through the seven movements with a new situation. Use the Fear-to-Choice Map as your one-page reset when you need the process quickly.

AVAILABLE NOW

Soul Solutions® for Overcoming Fear & Limiting Beliefs

Available in Kindle and paperback.

TerriKozlowski.com/soul-solutions-overcoming-fear-limiting-beliefs/

A Note About This Guide

This guide is offered for educational, spiritual, and personal-growth purposes and is not a substitute for medical care, mental-health treatment, trauma therapy, legal advice, or crisis support. The practices are invitations to notice patterns, reflect, and make conscious choices at your own pace. If an exercise feels overwhelming, pause and seek support from a qualified professional or trusted support person. No practice, book, coach, or spiritual framework can guarantee a particular healing outcome. Use your own discernment and choose the support that fits your circumstances.

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