Fear Hack Facilitation Instructions

These instructions have been put together to enable you to lead a Street Wisdom session with a focus on hacking your fears. It was co-designed with the brilliant author of Fear Hack, Hilary Gallo.

Fear Hack started off as workshops and has now been made into a book, it’s all about unlocking ourselves by reframing our relationship with fear.

We collaborated on this session in January 2019 as we thought a good place to think about hacking your fears is out in the real-world: surrounded by life and other people. We saw some powerful results, which is why we wanted to share the session format.

Introduction. (5 mins)

The sessions follows the normal three-hour format and can be done anywhere. All you'll need are some stick post-it notes and some pens for the warm-up exercise.

To start: Welcome the group and give them an introduction to Street Wisdom and Fear Hack. Explain the session is structured as a three-stage experience (Tune your senses: Ask the street a Question: Share what you learned).

Let them know that it’s an opportunity to ask a question and see what fresh answers the street gives them. The focus of this session is looking at fears and how, rather than trying to overcome them, we can befriend and grow with them.

Warm Up exercise: Fear Wall by Hilary Gallo. (15 mins)

Give everyone a sticky note and a pen, ask them to write down one of their fears on the note and ask them to put them up on the wall. Take some time to reflect on
these fears - without asking about individual fears - but looking at the whole wall. This can be uncomfortable exercise but this feeling is an essential part of growing/developing/doing new stuff - which is a good thing.

Ask the group if they notice any common themes in the fears and discuss. Fear of failure is a "normal" thing to feel and that we are all feeling it. Explain that the thing all of these fears have in common is that they are not actually real, they exist only in our heads. Our heads can be quite a "dangerous neighbourhood" to spend time and as creative people we suffer from the negative effects of the wonderful imagination we have.

Lastly, talk about ‘the hack’ - we can re-frame our fears by making friends with them, think of befriending fear as an opportunity for growth rather than something to be avoided. If you stay in your comfort zone that zone will only get smaller, you have to step outside it for it to grow.

**Tune-Up exercises. (40 mins)**

The Fear Wall exercise and discussion should take around 10-15 minutes so will leave enough time for 3 tune-up exercises, rather than the normal 4. These are done as per the instructions, walking individually and taking 10 minutes for each.

**Walk One (1st ten minutes): Be drawn to what attracts you**
This is designed to enhance physical awareness, to engage the body in the exercise and awaken its inner compass.

**Walk Two (2nd ten minutes): Slow... Right.... Down**
This is designed to enhance mindfulness and clear the mental chatter. It’s vital people really slow down. You can explain to participants that this means radically slowing the rate they walk, breathe, blink...even the speed their hair grows.

**Walk Three (3rd ten minutes): See the Beauty in Everything**
This is designed to create a warm, loving connection with the environment. We like to say if you love the environment it tends to love you back.

**The Street Quest (60 mins)**

In the Street Quest, individuals will go off as per the usual Street Wisdom instructions. Instead of bringing their own question, encourage them to focus on the fear
they continued to the Fear Wall at the start of the session. It’s also fine for them to explore a different fear in this part of the session.

Encourage the group to use the quest to find practical ways to befriend their fears and work through it. Rather than seeking to overcome/win against fear, instead to learn from it.

For example: “What things could I do (actions, change in strategy) to help me work with/through my fear?”

The group should have 60 minutes to go off with their question and just wander with it, keeping it in their minds. You may want to encourage them to speak with strangers about their fear.

**The Sharing (60 mins)**

The Sharing part of there session is also very similar to the normal facilitation guide. Ask the group to individually talk about:

What happened?
What did you learn?
How can you use what you learned?

Try and encourage them to speak in terms of practical things they can do with their fears.

We’d love to hear how you get on with this session so please do share any photos and stories online or send us an email at contactus@streetwisdom.org.