



Facing the Chicken Within

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1) MY STRENGTHS:

- a) _____
- b) _____
- c) _____

2) MY FEAR AWAKENERS:

- a) Perceived as i_____
- b) The u_____
- c) R_____ of "the real you"
- d) Loss of f_____, o_____

QUESTION: When I think back to ,my last big decision(s). the fear that started "clucking" was ... (which one of the 4 above?):

3) HOW FEAR AFFECTS ME:

- a) Here's an example of a decision I made or action I took BASED ON FEAR:

- b) Here's an example of a time I AVOIDED DOING something, because FEAR held me back:

4) WHAT MY FEAR TELLS ABOUT ME:

What I fear tells me what I hold n_____ and d_____ (what I v_____)

5) EXERCISE: pick an example of something that gets your chicken clucking, something that really scares you, then fill in the chart below. Here's some ideas of typical fears in the workplace (note that many of them involve communication):

- a) Going to a job interview
- b) Asking a colleague to be a volunteer for a fundraiser you're working on
- c) Speaking out at meetings when you have ideas
- d) Telling a colleague their presentation is full of typos
- e) Moving to a new city
- f) Asking your boss to attend a conference ... when the budget is tight
- g) OTHER ???

Situation	My Fear (what are you afraid of losing?)	What I Value	My usual response	What I Need to Do More/Less Of
EXAMPLE: Giving a presentation	Appearing incompetent, unprofessional; giving the wrong info; not being able to answer questions; being ridiculed	Competence, being professional, contributing accurate info to the team; being liked and valued	Get nervous, can't sleep; I mess it up; get asked questions I don't know how to answer	Practice in front of trusted colleague; plan more time for preparing; anticipate Q/As





6) HOW FEAR HELPS ME:

- a) Fear as a warning sign to real d_____
- b) Opportunity to explore new o_____
- c) Push to peak p_____
- d) S_____ is coming

7) WHAT TO DO ... when my chicken starts clucking (i.e., what to do with fear):

- a) Recognize the s_____
- b) A_____ it, e_____ it
- c) C_____ the energy
- d) Str_____ and gr_____

8) WHAT I NEED WHEN MY FEAR TRIGGERS ARE PUSHED...

Fear trigger:	Coping strategy (what I can do)	What I need from others (i.e., what others can do to support me)
Perceived Incompetence 		
Unknown 		
Rejection of true self 		
Loss of freedom, options 		

9) Be comfortable being u_____.

10) Fear's great gift to us . . . accepting our p_____

4. FINAL THOUGHT: Face your chicken within!

MY ACTION ITEMS:



"People who learn how to tame their fears have understood that our greatest fears
can be changed into some of our greatest strengths".
Marion Grobb Finkelstein & Joan Grobb Augustino
Facing the Chicken Within chapter, Expert Women Who Speak ... Speak Out!

***Have questions about communication in the workplace?
Interested in communication training or coaching?
Feel free to contact Marion Grobb Finkelstein, Communication Catalyst
-- she'll get communication moving in your organization***

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