

Expanding the Field of Possibility

A practice for working with fear and opening to what else is true

1 Understanding what happens in fear

When fear activates, the mind narrows. It locks onto the thing it most dreads — and that becomes the only thing in view. We pour attention into preventing the feared outcome, trying to control something that often cannot be controlled.

What we focus on and pay attention to is what fills our reality. This isn't about blame — it's about noticing where your attention has gone, and gently widening the lens.

Fear is almost always built on a belief: *if this thing happens, I will suffer*. That belief is real and worth acknowledging. And the feared outcome is one possibility — not the only one, and often not the most likely one.

Acceptance does not mean you are okay with something happening. It means you are willing to let its possibility exist without fighting it — so you can see more clearly.

2 The practice

Work through each step slowly. There is no rush. You can return to any step if the body tightens.

1

Name the fear

Write it plainly, without softening it. What is the thing you are afraid will happen?

Before you go inward — take a moment to arrive in your body.

Try one or more of the following:

- **Feet on the floor.** Press both feet flat and feel the ground beneath you. Notice the firmness, the texture, the weight of your own body being held.
- **Hand on heart or belly.** Place one hand on your chest or stomach. Feel the warmth of your own touch. You are here.
- **Three slow breaths.** Inhale for a count of four, exhale for a count of six. Let the exhale be longer than the inhale — this signals safety to your nervous system.
- **Name five things you can see.** Look around the room and simply notice what is actually here, right now.

You don't need to feel calm before continuing. You just need to feel present enough to be curious.

2

Notice it in your body

Bring your attention inward. Where does this fear live in your body right now?

Body check-in

Location in body

Sensation (tight, heavy, numb...)

Intensity (1–10)

Shape or quality, if any

3

Make space — breathe around it

This is the hardest step. You are not trying to make the sensation go away. You are offering it room to exist. Take slow, full breaths and imagine softening the space around the sensation — not pushing it out, but giving it space inside you.

Notice: did anything shift — even slightly — in the sensation's quality or intensity? You don't need it to change. Just notice what is here.

4

Acknowledge the possibility honestly

Can you say — even if it is hard — “This could happen. I don't want it to. And I can survive its possibility existing.”? Write what feels true for you right now, even if it is partial.

5

Is there a real action available?

Most feared scenarios do not have controllable actions. But sometimes there is one genuine, concrete step that would be helpful. If one exists, write it. If not — that itself is important information. It means the work is internal, not external.

If no action exists: take a breath and gently return to step 3. The body may need another round of softening before moving forward.

6

Widen the field — what else is possible?

The feared outcome is one possibility in a much larger field. Begin to name others — outcomes you haven't let yourself imagine because fear was filling all the space. They don't have to feel certain. They just have to be real possibilities.

7

Feel into one of those other possibilities

Choose one of the other outcomes you named. Let yourself stay with it for a moment — not as a certainty, but as something that could be real. Where do you feel that in your body?

Body check-in — this possibility

Location in body

Sensation or quality

8

Practice holding both

The feared possibility and the other possibilities can exist at the same time. This is not about positive thinking — it is about an accurate, wider view of what is real. Can you let both be true right now?

After the practice — reflection

What do you notice now compared to when you started? What shifted, even slightly?

What is one thing your body most needs right now?
