

**FEAR & CURIOSITY**  
**FACTS AND FUN PRACTICES**  
**WEEK 6 – FEBRUARY 26, 2016**

We have two basic desires that draw and repel us: fear and curiosity. The fear has to do with making sure that we are safe. Are we among those we trust? Is there food, clothing and shelter? Are we accepted by our social group(s)? The curiosity only holds forth when the fear is stilled. Fear narrows our cognitive filters; curiosity opens them. Creativity and learning can be hindered by fear. On the other hand, without appropriate fear, we might not survive. It's a balance to maintain.

**ASSIGNMENT:**

Throughout this week, pay attention to whether you are being motivated by interest, curiosity and wonder, or by fear. If by fear, consider whether the fear is warranted, or inhibiting learning and growth in directions that nourish you.

- What is at stake in the situation?
- What is the worst-case scenario?
- Can you live with the worst-case scenario?
- Is your response based on some past experience?
- Does your awareness allow you to shift your perception?

Keep track of your observations as you go along. How does being aware of your fear and/or curiosity help or hinder you? You may want to write about your thoughts to get a sense of the logic.