

# FEAR SCREENING OFF-RAMPS

## Remember, not everything is fear-based

Use these quick screening questions, and more of your own choosing, that would eliminate fear as primary cause:

**Recent Major Changes:** "Has anything significant changed in your life in the past 6 months?" (grief, divorce, health, job loss, relocation) - if yes, explore that first.

**Skill/Knowledge Gaps:** "Do you feel you have the necessary skills and knowledge to accomplish this goal?" - if no, it's a training issue, not fear.

**Resource Constraints:** "Do you currently have adequate time, money, and energy to pursue this?" - if no, it's logistics, not psychology.

**Competing Priorities:** "Are there other important commitments that make this goal difficult to prioritize?" - if yes, it's values/priority alignment, not avoidance.

**External Constraints:** "Are there factors outside your control preventing progress?" - if yes, it's situational, not behavioral.

**Rational Cost-Benefit:** "When you honestly weigh pros and cons, does the current behavior actually make sense?" - if yes, they're not stuck, they're being strategic.

### **Notes to Coaches:**

These would be front-loaded in your intake. Only when someone clears these obvious explanations would you move to fear-domain assessment.

This creates a diagnostic hierarchy: practical issues first, then skill gaps, then fear-patterns. Fear becomes the explanation of last resort, not first assumption.

**Scoring Rule:** If they score high on any of the "exit ramp" categories, you don't interpret fear scores at all.

**Recent Major Changes:** Catches acute stress responses that are situationally appropriate

**Skill/Knowledge Gaps:** Identifies training needs rather than avoidance patterns

**Resource Constraints:** Separates genuine limitations from psychological barriers

**Competing Priorities:** Distinguishes values-based choices from paralysis

**External Constraints:** Recognizes when someone's actually blocked vs. blocking themselves

**Rational Cost-Benefit:** Validates when current behavior is strategically sound

If someone clears all those screens but still exhibits persistent stuck patterns, you've earned the right to look at fear-domains (or stalled hopefulness, which operates on similar pathways anyway).

The screening essentially asks: "Is there a logical, situational reason for this behavior?" If yes, work on the situation. If no, then you're likely dealing with conditioned responses that bypass rational assessment - whether you call it fear-based patterns or hope-without-action.

Those six screening categories probably capture 80%+ of non-fear explanations for stuck behavior. Someone who scores low on all situational factors but high on persistent avoidance patterns across multiple contexts is genuinely in habit-based territory where the fear-domain assessment becomes the right diagnostic tool.