



The Women Masters Interview with Rhonda Britten

AMY: Welcome to the Women Master Teleseminar Series expert call with Rhonda Britten. I hope that everybody is ready to get inspired today and become fearless today. My name is Amy Ahlers. As most of you that are on these calls and listening to these recordings know, I'm the creator of the Women Masters and the CEO of Wake-up Call Coaching. My vision for this series is to allow people from all over the world access to the most respected women experts of our time, so all of you can be inspired, be motivated, stay inspired and, of course, be fearless. I want everybody on the call to just go ahead and take a deep breath and get ready to receive the amazing Rhonda Britten. I am so excited to have her on the call. Let me give everybody a brief bio of Rhonda.

Most of you know her best through her three seasons on the hit reality show Starting Over. Besides winning an Emmy for her life changing work, you may not know that she's created the only method to mastering emotional fear that exists today. That was the motivation for her to write her first book called Fearless Living and three more followed: Fearless Loving, which I'm currently reading right now and loving it, Change Your Life in 30 Days, and Do I Look Fat In This?. If you want to learn more about Rhonda and her work, please visit her website at FearlessLiving.org. You can find out more about the upcoming Fearless World event in Denver, Colorado, June 13th and 14th. Her website, again, is FearlessLiving.org and I wanted to make sure everyone knows that on the reminder email that I sent out for the call today, there is a special link for you to go ahead and get a free download for day one of the bestselling book, Change Your Life in 30 Days. It's actually a special price, as well, so that's kind of a long link. I included it on the reminder email that went out today, so make sure to click on that and get started on that. With that, let's go ahead and welcome the amazing Rhonda. Hello, Rhonda!

RHONDA: Hello, Miss Amy.

AMY: Thank you again for being here on today's call, and for just the outstanding work that you're doing.

RHONDA: Why thank you; thank you very much. It takes a lot to be fearless. I know everyone listening right now is here for that very reason, they're wanting to figure out how to be more fearless in their lives, and maybe they are being fearless in certain aspects of their life and they're wanting to do it more or different or more expansive in other areas. That's what I'm here to help with, is just to support people in mastering their emotional fears, those fears of stupid, fears of selfish, fears of not good enough, fears of do this, do that; all those conversations we have inside our head that are not necessarily the most valuable way to spend our time, but they are driven by fear, absolutely, so here I am Amy, here to help!

AMY: Yay, excellent! So yes, fear, fearlessness, all of those emotional fears. Tell us your definition of fear.



RHONDA: For me fear is an affirmation of your growth, and what I mean by that, when you attempt to start taking risks, stretch, risk and dies, what I'll call stretch, risk and dies in your life, we don't necessarily feel fear unless we're moving into the unknown. The unknown is where fear hangs out; it's even a contemplation of a new thought. Lots of people say to me, well, I don't try new things and I'm afraid, and another group of people don't even know they're afraid. They just know they have guilt or they have worry, or they have stress, or they feel overwhelmed or anxious. All those different emotions can stem from fear, so when I say that fear is an affirmation of your growth, when fear starts playing with us, when we start getting worried, it's because we're moving into an area that we have to actually think differently if we really want to move somewhere different, and what fear tells us is worry is the only option. If I worry then it'll go away, or if I feel guilty, then somehow I'm paying my dues, or if I feel overwhelmed, it means I'm busy. We have all these wonderful benefits to all these emotions that really disempower us and sabotage us in so many areas of our lives, but they're learning tools, so what I want people to do is when they feel that guilt, worry, any aspect of how they feel fear—fear of being selfish, like I said, fear of stupid, fear of inadequate. When they start feeling those feelings, I want them to actually say, ah, I wouldn't have this feeling unless I was contemplating something different, unless I was opening my eyes to something different, so I pat myself on the back and I am now going to start moving forward in a different way. That's where the rubber hits the road. That's where the courage comes in. That's where truly being fearless lives.

AMY: Great, yes. I'm curious; I know that your work, your body of work is really around this whole idea of becoming fearless, and I'm curious about—I know that I've read in your book, I know it's in most of your books, about your background, and about what had inspired you to make your life's work about helping others become fearless.

RHONDA: I really, if I want to pinpoint the moment, well I'll just step back even further. When I was twelve years old my favorite book was Why Am I Afraid to Tell You Who I Am?, okay? Is that the joke of the century, or what, right? When I think about that, I just laugh. My favorite book, Why Am I Afraid to Tell You Who I Am?. That was about twelve, and then about fourteen I had a horrific experience of watching my father murder my mother and commit suicide in front of me, and that's not when fear started. Trauma isn't where, necessarily, fear starts. We get fear in lots of different ways; we don't have to have a traumatic or horrific event, and hopefully, the listeners, that has not occurred for them. Yet for most of us we have enough baggage, we have enough bad press on ourselves, enough things that we're not exactly proud of, that we actually believe that's why we have this fear, and somehow we have to pay back by being overwhelmed or guilty or worried, et cetera, et cetera, and that's false.

For me, my motivation, my inspiration, my passion for fear, I think, really stems from I recognize that my mother stayed with my father because she was afraid to leave. I recognize that my father killed my mother because he was afraid of the embarrassment, of the humiliation of being alone, et cetera, et cetera, and my mother didn't try to stop him from being a negative influence in her life. She didn't necessarily know how to. Fear just gives us permission to tell ourselves that we don't have the skills and tools, and we actually believe that fear is right. My mother believed that she couldn't leave my father. She believed that



she had to put up with it; she believed that. Whatever she said to herself, that was her belief, and we all do that in little and big ways, throughout our life.

When I can support people in understanding that they don't have a bunch of problems—my mother didn't have the problem of, okay, taking care of three kids, and then the problem of being a divorcée, the problem of et cetera, et cetera—what her number one problem was, and really the thing that was driving everything else, was her fear of being unlovable, her fear of being inadequate, her fear of the shield and shame of being worthless. If she could have been her actions through the eyes of fear, and I know this is true for me and my clients, and people who do Fearless Living. What Fearless Living gives you is a new filter in which to look at your life. You no longer look at all these problems you have as individual problems that you have to solve. You start recognizing that all those individual problems are really symptoms of your fear, and if you can build a relationship with your fear and a true relationship where you can master it, where you can have a relationship that creates you empowering yourself and choosing your greatest good instead of fear's disempowering way, for lack of a better way of saying it, when you're able to really look that fear is really the crux of it, then you can get off your own back and quit thinking I've got this problem, this problem, this problem, this problem, I'm screwed up here, here, here, I can't get it right here, here, here, and if I could only fix this, this, this. It really takes away a lot of the guilt and the shame and humiliation and embarrassment; all those things that we drag through our lives with us. It's kind of a clean slate. We can really look through our life in a very, very different way. It's ultimately very, very freeing. If you want to psychoanalyze me, I do what I do to save my mother, right? I do what I do to save my mother and the women like her, and I do what I do to save men like my father, or any man that is not fulfilling his potential, and any woman who's not fulfilling her potential. That's what I do. That's what I love. That's, I think, why I'm here.

AMY: Yes, and that's one of the things that I've loved about every expert that we've had in this series, and I know all the others that are yet to come, is that they're living their most compelling purpose. They're living their life purpose and wow, what an experience for you to have gone through at such a young age, and then for you to make this your life's work is just inspiring, which is what this whole series is all about.

RHONDA: Yes; thank you.

AMY: I guess that we don't need to necessarily, like you said, go through a trauma like what you went through to have fear paralyze us, or watch parents that are in abusive relationships. We all have fear, on some level, running the show.

RHONDA: Yes.

AMY: I know that you have these outstanding tools, and I was hoping you can give our listeners today a sense of those tools, of the Wheel of Fear and the Wheel of Freedom. Tell us about those.



RHONDA: The Wheel of Fear and the Wheel of Freedom came out of my own work with my own life, as well as when I started coaching, and started doing workshops and speaking, et cetera, et cetera, the work that I was doing with individuals. They really evolved over a period of time, and the good news is that thousands and thousands of people have worked the tools and thousands and thousands of people tell me how incredibly enlightening and supportive and freeing it is, to know what you're ultimately afraid of. The number one thing I hear when people identify their own individual wheels of fear—because everyone has their own individual wheel of fear—when you identify your individual wheel of fear, the number one comment I get is, now I understand my life; now I understand why I left that relationship; now I understand why I took that job; now I understand why I moved A-B-C; now I understand why I did F-Y-G.

Wheel of Fear has four components, as does the Wheel of Freedom. The Wheel of Fear is really a tool to support us in understanding how we process while we're in fear. One of the things that I believe fearless living does is help people understand how they process. I think too many personal development, self-help, et cetera, et cetera programs are so focused on just getting people to where they need to go, rather than understanding, literally step by step, how they process information. What gives them permission to act out? What gives them permission to feel sorry for themselves? What gives them permission to take that bad turn? What's giving them permission to have courage in that moment? There's certain things we say to ourselves and do, and if we can break it down, it really becomes a method, a methodology, that we can use over and over and over again, with incredible results.

The Wheel of Fear has four components, as I said, and I'll share mine, so that you have an example of somebody's.

AMY: Great.

RHONDA: Yes, well it's kind of scary to always reveal this stuff, but I'm willing, right?

The first component of the Wheel of Fear is the trigger. The trigger is that thing that you don't want anyone else to think about you. You don't want to think about it yourself, you don't want other people to think about you; you just don't want this around. Some people's triggers are, as I shared before, the fear of looking stupid, the fear of being selfish, the fear of being inadequate, the fear of being unlovable. Mine is the fear of looking like, or feeling like a loser. Again, I want to preface this—the Wheel of Fear is only activated when we're in fear, so be attentive. It's not like I walk around all day long going, don't think I'm a loser, don't think I'm a loser. It's not like an echo in my head, but this is the cool part. When I'm having a hard time making a decision, when I'm not sure if it's fear or freedom, I can ask myself a simple question. I can say to myself, where am I afraid to look like a loser? How am I afraid to look like a loser? When I'm able to answer that question, I know how fear has me, and I can make another choice. It's super, super, amazingly, wonderfully cool.

AMY: I'm going to ask you to pause for just a second. What are some questions that you ask your clients, to help them identify their trigger?



RHONDA: You can find it. There's a couple of different ways to get your particular Wheel of Fear, and in particular your trigger. It's doing the exercise in Fearless Living; there's several exercises in Fearless Living to do that. You can do it in the book and/or in the audio. I have an audio book on my website, FearlessLiving.org, so if you're not a reader, you can actually listen to it, and I actually added some things in the audio version of the book, so you'll get a little extra benefit if you listen to the audio.

Another way to do it is doing a Fearless Book Group. When you join a Fearless Book Group, usually what occurs is you work the Wheel of Fear and you get the information you need in order to support yourself in getting your wheels.

The third way to get it is through a coach, working with a Fearless Living coach one-on-one. The last was a Fearless Foundation Workshop, which is my favorite way to do it. I find that when people get their wheels in a group environment, be it a Fearless Book Group, or be it a Fearless Foundation Workshop, when you get it in a group atmosphere, you have a tendency to take it on. You have a tendency to believe it more. You have a tendency—there's four people looking at you, going yeah, that's your trigger! The Wheel of Fear doesn't want you to get it, you know?

AMY: Right.

RHONDA: The Wheel of Fear is not interested in you discovering this. It does not want it, and it's like the jig is up if you find it. In a Fearless Foundation Workshop what we do is there's four people staring at you, going yes, that's it, to a series of exercises that we do, et cetera, et cetera, interactive work, and there's a coach in the group, et cetera, and when four people are looking at you, going yeah, that's yours, and you're going, no, no it's not, no way. Or you're looking at them, going, uh, okay, it's mine. Whatever your reaction is, you have a tendency to own it a little bit more. When you work one-on-one, some people, if they're not really trusting their coach, will be like, well if I had a different coach I'd get a different wheel. It's always like, I want the better one, right?

AMY: Right.

RHONDA: So if you're an addict like that, who's always like, if I could just get the best thing, you're probably a candidate for Fearless Foundation Workshop, or working with a very, very high end coach in Fearless Living, which is a certified Fearless Living Coach number four. Work with one of those, they're experts. They coach me, and then maybe you'll totally trust them to give you your wheel.

AMY: Right, got it, so I get that there's nuances and there's huge value in identifying your specific trigger.

RHONDA: Absolutely.



AMY: That voice—we want to know what does that voice beat you up with the most. Like you said, and I love that ‘where am I feeling like I’m going to look like a loser’ is your question, specifically for you, because that’s it for you. That’s the core one for you.

RHONDA: Yes, and if you’ve been called stupid all your life, trust me, your trigger isn’t stupid. If you’ve been calling yourself loser all your life, your trigger’s not loser. It’s not something that is readily available to you. That is really a fear response, which is the second part of the Wheel of Fear. The fear responses are the things that we say to ourselves, the things that we do, the way that we act, the thoughts we think, that help us avoid feeling like we’re a loser. Sure, I can tell myself as a fear response that I’m stupid, as long as I don’t go ‘loser,’ I’m pretty good to go; it’s one step up, right? The Wheel of Fear will let us know, hey, if your mother called you stupid all the time, or your father called you lazy, those things, it’s almost like you’re immune to those. Even though they may still hurt you and they still may cause you pain, they are not your trigger. There’s something beyond that that is your trigger. The second component of the Wheel of Fear, the fear responses, are those things that we do to avoid looking—I’ll use mine again—like a loser. What are some things, when I’m in fear, that I could do, so I avoid looking like a loser? Well, I could work harder; I could become a workaholic; I could please people; I could get really quiet; I could isolate; I could eat a dozen donuts; I could work out a little or I could work out not at all. Fear responses are the number one way that we recognize we’re on the Wheel of Fear. It’s a place that we will spend a lot of time identifying all the ways you act out, and people know this. This is the easy part for people. They know how they act out, okay? Even if you never got your wheels, if you never got your wheels and you just started identifying how you respond when you’re in fear, when you respond when you feel guilty, when you’re worried, when you’re frustrated, when you’re stressed, et cetera, et cetera, when you’re angry and lonely. When you start recognizing those behaviors and again, those are easy for most of us to identify, we can say to ourselves, ah, this action is done out of fear. I’m not doing it because I’m a bad person. I’m not doing it because I’m not good enough. I’m not doing it because I’m stupid or lazy or a sinner or worthless or unlovable, or whatever name you call yourself. I’ve had people call themselves a myriad of things. I’ve had the privy to hear horrible things people call themselves, or do to themselves. The fear response is, if you start even, just the simplest thing off this call today, and you just started going, aha, when I’m doing this, it means that fear is on patrol, that fear is trying to stop me from taking that stretch, risk or die. It is stopping me from moving forward, and this is where we get to use our head and our heart, and where we jump on the Wheel of Freedom, which we’ll talk about in a minute, and this is where we get to practice something different, and we get to start understanding that we have a choice in that moment, and for many people it doesn’t feel like a choice. Don’t get me wrong, Amy, in that moment it doesn’t feel like a choice. It feels like you’ve got to sabotage yourself. It feels like you’ve got to eat the cookies. But when you start separating yourself from the action and not make you the bad person, but actually start seeing that it’s fear that is motivating you, that it is a protective mechanism, that it is a warning system, that you are starting to move into the unknown, you can then take some space. There’s a little tiny gap there, a little space, that you can actually start breathing a little bit easier and having more choice about what you actually do. Bottom line is, to the best of your ability, do not act out of fear. Do not do it, and that’s difficult for many people and again, that’s why I created the Wheel of Freedom to support you. Those are the first two components. What do you think?



AMY: This is fantastic; I love it. We have the trigger and then we have the fear responses; how we act out to avoid that trigger.

RHONDA: That's right, that's right, and we also act out not only to avoid the trigger, but to also avoid feeling something, and that's the third component. That third component is our core negative feeling, that feeling we feel—and we've all had this feeling; we know this feeling. The trigger is the tricky one to get. We know our fear responses, and boy, do we know our core negative. My personal core negative feeling is worthless, so at the end of the day, when I do my fear responses, when I become the workaholic, when I eat the bag of donuts, when I have a relationship that's not good for me, when I say yes when I want to say no, et cetera, et cetera, I start feeling worthless, and we all know that feeling. It's that feeling where we feel powerless and helpless, or again, whatever's true for you. I'm not going to put words in your mouth; I don't know how it feels for you, but it's that feeling that we feel, where we just feel like I can't win, I'm just not good enough, there's nothing I can do. It's that helpless feeling, that worthless feeling, that powerless feeling, and you have a particular name for yours. Mine is worthless. When we experience that feeling as, again, we all know, what we do is then we give ourselves full permission to act out, and those are our self-destructive behaviors. That's when a bag of cookies isn't enough; now it's two. Or when taking a nap isn't enough; now it's sleeping for 24 hours. It's not taking a walk to get centered; it's about isolating. It's about doing those things that we know are self-destructive, and we do them, and we choose to do them, and we feel like we deserve it. It's that punishing and that self-betrayal that we go through, which then, of course, gets us back to number one, which is our trigger. It only again affirms how much we have to do to prove that we're not a loser, so we won't feel worthless again.

It just continuously spirals and we've all experienced that. We all know how it feels, just to go around and around and around; how do we get off?

AMY: Yes, so trigger, fear response, core negative feeling, and then the fourth is?

RHONDA: Self-destructive behaviors.

AMY: Self-destructive behavior, okay. Gosh, do we know that one, right?

RHONDA: Yes, exactly, and I'll give you a great example. Jerrilyn, one of my top coaches, says this best. She goes, two cookies is desert; six cookies is a fear response, and the whole bag is self-destructive. Having a drink out with a friend can be social, or it can be two drinks as a fear response, or it can be drinking way too much, or eating way too much, or doing way beyond our capacity into self-destructive.

AMY: Great. That's so valuable. I know that everybody on this call is nodding their head and going, yes, Rhonda, we hear you.

RHONDA: Well we've all experienced it. We've all experienced it, but the thing is that we don't know what really motivates that whole process. Again, we just label ourselves bad or wrong or not good enough, or worthless. Again, we just label ourselves something and that label is



incorrect. There's nothing wrong with us, we just are afraid, and we don't understand how fear operates in our life, and we don't understand the purpose of fear. When we start building that relationship with fear, we can actually take our life back, because now it's not unconscious. We're not asleep to this. We can wake up—as I bring in your Wake-up Call Coaching; see how that works, wake-up call? We can wake up to our freedom, to our fearlessness, and just really wake up to who we're meant to be, and we can choose that. That's the cool part. We can choose who that is.

AMY: That's so great. I really understand the value of taking the mystery out of it, and identifying it, and knowing it, and naming it, and claiming it, and knowing yourself. It's so valuable to have that knowledge. Tell us how do you get off it? What's this Wheel of Freedom, and how do we access that?

RHONDA: Yes, absolutely. We all want that, right? We all want to live on our freedom. The Wheel of Freedom is the solution, so to speak, of the Wheel of Fear. Now again, I want to just talk about my trigger for a minute: loser. One of the things that frustrates me about most self-help, personal development work is that everybody talks about the opposite; do the opposite. Doing the opposite, in my belief, is that it's just another side of the coin of fear. If I'm afraid to be a loser, so I'm going to try to be a winner, that's motivated from my fear of being a loser. It's not helping me be authentic. It's not helping me be true to myself. It's not helping me be more of me. It is actually me running towards a prettier version of me, but still motivated by fear, and that's why fear can motivate you to be successful, but it does not let you be satisfied, and we know a lot of people—I'll bet we all know people—that are successful, but they're just not satisfied. They don't have peace of mind; they don't have joy; they don't have gladness in their life; they're not content; they're not passionate or impassioned. That is the trick. Fear will motivate you to be a winner, oh yes, you can be the greatest winner ever. But again, it's just motivated by fear. It's not going away. You're not shifting it. You're just making it look prettier, you know?

AMY: Yes, I really get that when fear is the motivator, whether it's the motivator for self-destructive behavior or things that are really positive and good, either way it's still running the show, and we want to get out of that.

RHONDA: Exactly. So many of us get benefits from fear. If I'm afraid of looking selfish, and then I become a people pleaser, and I give all my time and energy to the church, or a non-profit, or start a foundation, et cetera, et cetera, and that's all good—everyone's like, cool, wow Amy, you're amazing. But the fact is that's all motivated from fear, and you're going to burn out. You're going to burn out. We've all hit that wall in our lives, where it's like I can't do this anymore. Well you can't do it anymore because you've been doing it from a place of not self-self, not from a place of freedom, not from a place of fearlessness, not from saying yes when you mean yes, and no when you mean no, but from that drive to make sure that you're lovable, to make sure that you're accepted, to make sure that you're okay. When we do it from that place, again, it doesn't give us that satisfaction. It doesn't give us that peace of mind. It doesn't give us contentment, which is really where we all want. We want that passion, we want that joy, we want that intimacy, and where you act from fear, even though it looks good, and boy, let's just say it straight out, people aren't going to like you too much



when you start choosing you in freedom, because they get a lot of benefit from your volunteering. They get a lot of benefit from you saying yes to them when you want to say no. They get a lot of benefit, because then they don't have to deal with anything and you'll help them out, which is awesome and wonderful. You want to give from a place—and we've all heard this—you want to give from the overflow. We really want to give from being fearless, rather than giving out of fear.

What we want to do is get on the Wheel of Freedom. Again, I'm going to use mine, just for a simple example. The first component in the Wheel of Freedom is called your essential nature. Your sensual nature is that part of you that is most denied, and I really want folks to hear that. It is the most denied aspect of ourselves. For instance my essential nature is authentic. Now I have worked diligently over the years to be more and more authentic to myself, more and more true to myself. I want you to think about it for a minute. If I'm afraid of you thinking like I'm a loser, that I'm a loser, is it a good thing to be authentic, according to my Wheel of Fear?

AMY: Interesting.

RHONDA: Not a good thing.

AMY: Not, not a good thing at all, and I really see the nuance in this, though, and how slippery it is.

RHONDA: Very slippery. The Wheel of Fear is insidious and slippery, and it's as smart as you are, so you do more self-help; it gets smarter. You do more spiritual work; it gets more evolved. That's why this relationship—people ask me all the time: does my Wheel of Fear change? No. I've had my same Wheel of Fear for fifteen years, and it still gives me opportunities to grow. It still calls me out on my stuff. It still shows me where I'm acting out, and my subtle ways in fear. It still is the tool that I use, that helps me stay more and more true to myself, more and more clear. Yes, that's the difference, is we don't go through the front door in Fearless Living—be a winner if you're afraid to be a loser! No, we go through the side door—being authentic will bring up all my fears of looking like a loser, because that is the last thing I want you to think about me, but it is the very thing I must do in order to access my freedom, for me, Rhonda Britten, and again, yours is going to be different, but mine is authentic.

What I practice, let's say I'm doing a fear response, right? I'm doing a fear response, I'm people pleasing, I'm working, and I'm starting to hit the wall, and I go to myself. Okay, wait a minute: again I ask the question: where am I afraid to look like a loser, who am I afraid to look like a loser to, et cetera. My next question is, then, okay, how can I practice, in this moment, what is authentic for me? How can I practice being authentic in this moment? It might be saying something; it might be saying no; it might be doing something different; it might be taking a break. It's really getting you in touch with what's true for you and again, your essential nature might be beautiful. It might be trusting; it might be loving; it might be compassionate. There's so many options, and I help you narrow those down. I choose ten that really fit for people, and so you'll be able to really understand how a particular word really resonates for you.



So, the denied aspects. Most of my life, being authentic was not a good idea for me. It was the most denied aspect of myself. There was no way I was going to be authentic; are you crazy? That was a dumb thing to do, you know, in fear. For me to be true to myself, for me to live on my wheel of freedom, I must practice being authentic in each moment. You can imagine that isn't necessarily easy to do. I don't care how evolved you are. I don't care how well read you are. Being authentic, to be true to yourself, to know where you're coming from, how you feel, what your body's doing, what your thoughts are doing, what your heart is saying—all aspects of yourself—and to say words that resonate the truth for you. This is my growth opportunity; this is where I grow. How do I do that? Well, again, I lean on my essential nature of authentic, and then I go to the second part, which is proactive behaviors, and this is where I practice living in my authenticity, and through my proactive behaviors. Again, everybody's going to have a variety of proactive behaviors to do. Some they'll do in a group. Some they'll do on a date. Some they'll do alone. I want you to have a variety, so that no matter what's going on, you can do a proactive behavior that immediately is going to support you in getting back to your essential nature. The minute you recognize you're in a fear response, the minute you know you're doing a fear response, the minute, you don't know your trigger at this point, you can absolutely say to yourself, okay, wait a minute, wait a minute. Use mine for now until you get yours. All of us can practice being more authentic, right, so use mine for now if you don't have the book in front of you, and you're not able to get to a workshop, or right now it's just not the time, which I urge you to make the time for it, of course. Yet in this moment, after this call, you can start saying to yourself, okay, how can I practice Rhonda's essential nature of authentic in this moment? Learning to breath—just stopping and taking a breath—going slower, and not moving fast, is critical to being fearless. Fear wants you to move very fast. Fearlessness is not afraid to move slow. Giving yourself space, time, care, et cetera, et cetera, in your proactive behaviors, is going to help you access the truth of who you are.

AMY: That is great.

RHONDA: Isn't it awesomely wonderful?

AMY: It's so great, and I love the piece about authenticity because I know most of our listeners on the call are women, and that's just such a huge thing for humans to practice, but also for women to practice, to be true to themselves, and who they are, and what they need. We're so good at giving, so wonderful.

RHONDA: We give in order to get love, and the very thing we want we can give ourselves and again, not that we can't get it from others, not that we don't need it from others, but we've actually cut off our desire or our need to self love, or our want to self love, or our knowledge and skills and tools to self love, in order to sacrifice ourselves, in order to get love from others, thinking that will fill us up. I'm sure all of us are old enough now and have learned that doesn't work, but we also don't have the tools and skills, and I don't think loving yourself is easy. I think loving yourself is the most radical, revolutionary thing that we as women, in particular, in this moment, can do. It is revolutionary, it is radical and it is a lifelong mission and passion and vocation for us, because it is so tricky. Fear is so tricky. It will have you say yes. You're going to say no and then you go into the meeting, and all of the sudden you're saying yes,



and we've all done it. We've all been in relationships that don't work, and we all stay longer than we should, et cetera, et cetera, et cetera. That's all driven from our fear. It's not that we're bad people; it's not that we're weak people; it's not that we're lazy people or stupid people. It's just because we're afraid, and it does not have to be as hard as it's been. It is revolutionary to self love, revolutionary. It is not an hour long telecall and a program that you can do in a week. Self love is a relationship with one's self that unfolds throughout our life.

AMY: Right, well and that's just it. We keep thinking we can check off the box and be, like, done on the to-do list and things change every day; every moment is different. What's required to feel that self love changes from moment to moment to moment. I love it; revolutionary and radical to practice self love; yes, yes, yes.

RHONDA: Absolutely and what's so exciting is that in that quest to self love, and like you said a minute ago, that we always change every minute, is what we do in that moment when we're truly being fearless, when we're living on our Wheel of Freedom, and accessing that essential nature, and doing those proactive behaviors. What happens is we become different to ourselves. We actually expand our image of who we are, our vision of who we are. We actually, literally create more space inside ourselves to lounge and luxuriate in who we are, and we actually discover aspects of ourselves that we actually believed we did not have. It's so wonderfully, amazingly cool, and women are so beautiful. They're so courageous and they are the truth bearers of this world, and they are the spiritual centers of this world. We are the ones; women are the ones that are going to make this place better or worse, and we are the way showers, and we must take that role seriously. The way to do that is actually to get more involved in our own body, our own life, and our own self, getting more love into our self, being true to our self. That actually helps the nation and the world more than anything else that we could give, contribute, spend, sacrifice, et cetera, et cetera.

AMY: Yes, I remember the quote, Peace will come on earth when you find peace within yourselves and bring it with you into the world.

RHONDA: Yes, absolutely; absolutely. That is our charge and that is our charge. If my mother had that, if my mother had had that courage, if mother had had the skills and tools, and that's why I think my programs are so practical. I don't sit there and talk about airy fairy things. I don't sit there and talk about concepts and philosophies. Those are all nice and good, but they don't necessarily change lives. They give you ahas, they open your mind, but then you have to know what to do in order to actually change your life.

I know that stopped me from changing my life. I would read the books, I read all the books, I took the workshops, I know this all this stuff, right? That knowledge is actually thine enemy in many cases, because that knowledge actually gives us a false impression that that knowledge is the actual doing, and knowledge isn't the doing. It is actually the doing that we embrace and change, and figure all this out. When we read a book and we have this knowledge, when you're listening to me know and listening about fear, you're getting more knowledge, you're having ahas, you're having insights, you're having awarenesses, and you're like yes, yes, I get it, I get it. We all know if we do not do something, if we do not do something with this information and shift, it's just going to be a nice insight and the call will be



great, and you'll say, oh Rhonda's so wonderful, she's just amazing, or whatever you say about me, or don't say that. You're going to have a nice, fond memory, maybe, but it's not going to change your life. It's really up to each one of us, individually, to change our lives, and that's why the Wheel of Fear is individual. I'm not making everybody, clumping everybody together and going, let's just all be authentic. That's not the way it works. Authentic—maybe that doesn't turn you on, doesn't access all of you. Trusting might, so it's about getting that one that's best for you to have your greatest growth and transformation.

AMY: Excellent. You've talked about the most denied, your central nature . . .

RHONDA: Essential nature.

AMY: . . . and the proactive behaviors. What is next on the Wheel?

RHONDA: Wholeness. The first one is essential nature, next was proactive behaviors, and then next is wholeness. This is what occurs for us naturally, as we access those proactive behaviors, and living by our essential nature. My wholeness is self acceptance. At the end of the day, when I am living in freedom, I have self acceptance. I don't know if this is true for you; this is true for me and this is my Wheel of Freedom, but when I have self acceptance, for me personally, Rhonda Britten, I can do anything, and I can go anywhere, and I can meet anybody, and I can do it all. There's nothing that can stop me, because when I have self acceptance, then I don't have to worry about you rejecting me, or you having an opinion about me, or you thinking anything of me, right? You're calling me stupid or lazy, or whatever else, or selfish, has no impact on me because I accept who I am, fully and completely. When I am in that place of self acceptance, when I am in my wholeness, then it accesses that fourth component of the Wheel of Freedom, which is self-affirming behaviors.

These are the behaviors that many of us have experienced in those moments when we feel like we're in the zone, or we're blissed out, or we're having a moment of contentment or satisfaction. It's those moments that we know we have more patience, naturally; we're generous, naturally; we have more compassion, naturally. The proactive behaviors on the Wheel of Freedom, we have to make a choice; we actually have to do something. But the self-affirming just are natural, so when I find that I have a lot of patience in my day, it's a total affirmation and validation that I'm on my Wheel of Freedom. When I'm impatient I know that I'm living on my Wheel of Freedom, and to stop and do a proactive behavior, become more true to myself, using authenticity, so that I can have my patience back; I can have that back. It's fascinating, people say to me all the time, well I have to practice more patience, and I think well yes, but that's actually resolved. You have patience when you have peace of mind. You have patience when you accept yourself. You have patience as a result of other qualities of being that you inhabit. You can practice patience. That's okay, that's good to do, but it can be much easier and much deeper than that, and have a more radical effect in your life.

AMY: Yes, I really hear that, that there's the cause and then the effect, and that the patience is the effect. The cause is from that space of peace.



RHONDA: Yes.

AMY: I really get these two wheels. What do you find is the easiest way to leap from that Wheel of Fear, over to that Wheel of Freedom? Tell us about the relationship between the two.

RHONDA: I shared with you the minute you recognize you're in a fear response, which again, most of us recognize our fear responses. We recognize that we isolate, or that we're eating too much, or that we're short tempered, or that we're saying yes when we want to say no, or we get an upset stomach, or our knee hurts, or our back hurts, or we get a headache. We can identify the things that we do. Where fear tricks us is actually believing those are our problems, and those aren't our problems.

AMY: Again, the cause and the effect, right?

RHONDA: Exactly. When you recognize that you are in a fear response, you immediately move over to a proactive behavior. Now all of us can just make up proactive behaviors and again, you can use my authentic, right? You can use my authentic essential nature. Proactive behaviors might be just literally stopping and taking a breath. It might be going in the other room and not saying another word. It might be making eye contact. It might be . . . I have a client who, literally, a proactive behavior for her is stopping, putting on lipstick, and then putting it back in her purse. That space that she gives herself, just to grab her lipstick, put it on, and put it back in her purse, gives her the space to re-center herself. She also imagines—this is my client, this is a client of mine, I did not make this up, this was just told to me—when she puts her lipstick on, she actually believes that she's putting on freedom, like she's literally doing something proactive. She's stopping, and that's the thing; we must stop and go, choice, I have a choice to continue this fear response, or I have a choice to do a proactive behavior. Again, I know it doesn't feel like a choice. I am not interested in how it feels. I am interested in you making another decision, another choice, so one of the things, in Fearless Living, that we say, is honor your feelings, yet act on your commitments. I want you to honor your feelings. I don't want you to act on them, necessarily. Usually most of the time I don't want you to act on them. Usually I want you to, more likely, act with your essential nature and your proactive behaviors, more in tune with who the truth of you is, rather than what you think you should do in order to make everything better now, in this moment, right? So fear responses to proactive.

AMY: I just want to emphasize, really quick, what you just said, because that is incredibly powerful: honor your feelings but act on your commitments.

RHONDA: Yes, and I'm going to take the but out, because when we say but, it eliminates everything ahead of it, so we want to honor our feelings and act on our commitments.

AMY: Right; thank you.

RHONDA: We can use the word yet if it supports us, if that 'and' is too tricky for us, because the Wheel of Fear will be like, well, she didn't say not to, so you can say honor your feelings, yet act on your commitments. We want to eliminate, as many of us know, eliminate 'but' as much as we



can. Of course we're going to say it; I'm going to say it, you're going to say it, and we want to be conscious.

AMY: Yes, thank you for that; I love it. Wonderful, wonderful. What else do you feel like needs to be said about the Wheel of Fear and the Wheel of Freedom, knowing that this was a broad overview, and knowing that, truly, this is such a personal wheel, as we get it filled out?.

RHONDA: The thing is that I know for myself that having my wheels, and I know this is true for my clients and people that I've experienced in workshops, is it just makes your life make sense, and it puts everything in perspective, and it gives you a new filter in which to look at your life, rather than thinking you have all these problems, and there are all these things wrong with you, et cetera, et cetera, like you've got to fix this, and you've got to fix that, and you've got to fix this, and you've got to fix that; got to change that, got to change this, got to change that. What you do is you really just lump it all into, well wait a minute, I just have to focus on being more true to myself, my authentic, and I just have to start doing proactive behaviors. That's really it, because as you start doing that, trust me, all those other things will be taken care of naturally. Now I'm not going to say you're not going to be scared of the jeebers, right? Me being authentic brings up my fear of looking like a loser, yes. When I'm practicing being authentic in a stretch, risk or die situation, and that's what I call taking risks; it's called stretch, risk, die. Stretch is that first area of risk, where we know we can do something, but we haven't done it; that's the stretch zone. The risk zone is: I don't know if I can do it; I don't know if I can make it happen; I don't know how this will work out. The die zone is: I can't do that, are you crazy, and if I did that I'd die; there's no way I can do that. We want to, again, for clarity and for awareness, we want to separate out our risks into stretch, risk or dies, to give ourselves some credit and support. As we start recognizing okay, I don't have to do a die today; I don't even have to do a risk today. I just have to start doing a stretch. What proactive behavior is a stretch for me right now, in this moment, in this party, on this date, in this work environment, with my boss sitting in front of me, at this meeting? What I have my clients do is I literally have them write down five, ten, twenty proactive behaviors, and make sure that they have different things to do in every situation, so that they are in charge, and they are choosing. Again, when you're on the Wheel of Fear, it doesn't feel like you have a choice. You do. I understand it doesn't feel that way and again, honor your feelings, yet act on your commitments of freedom, right, of fearlessness. I want to make sure, I've said this once, but I want to say it again: there is nothing wrong with you; you're only afraid and fear has tricked you into believing there's something wrong with you, and there's not.

Also, we all need to build up our self-confidence and self-esteem. When we do a proactive behavior, regardless of how sloppy it is, regardless of how well we did it, regardless of its messiness, I never ask anyone how well they did something; you don't hear that coming out of my mouth. That is not important to me. What matters to me is did you do it? That's what matters. It's not how well you did it. I'm not looking for affection. I'm not looking for nice and pretty. I'm looking for: did it come out of your mouth? However it came out, I'll take it, because I can always improve it. We can always improve the way you communicate; we can always improve the way that you share your feelings; we can always improve that. But did you practice doing it?



Really, the exercise I want to leave everyone with is acknowledgement.

AMY: Great. You know, it's so funny because I have an email up here from a woman named Janelle in San Diego, who has a question about acknowledgments that she sent in, saying I don't know if you can ask this for Rhonda, but she says: Rhonda speaks highly about acknowledgement and tells us to do at least five a day. I'm having a hard time coming up with five. Some days are blah, where I haven't done anything; is one acknowledgement okay?

RHONDA: Yes.

AMY: Tell us about the practice

RHONDA: Yes, one acknowledgement is great. People have difficult time with acknowledgements because, I'll tell you, if you have a hard time with gratitudes, and in Fearless Living we're very specific with our gratitudes and acknowledgements. In Fearless Living gratitudes are about someone or something else; acknowledgements are all about you. If you have a difficult time writing gratitudes, you blame the world; you're in blame the world mode. If you have a difficult time with acknowledgements, you're blaming yourself, okay, so it's time for a little compassion. When someone tells me they're having a hard time with acknowledgements, I bet they're having a high standard of accomplishment, in order to validate that acknowledgement. They've got to do it at eight or better. They've got to be perfect. They've got to have results. They don't have a lot of compassion for themselves in their shifts and changes. If somebody complains 100 times a day, and they get it down to 99, acknowledge yourself. Acknowledge—oh my gosh, oh my gosh, I only complained 99 times today! Woo hoo, party down, I'm amazing! Most people go, well but I still complained 99 times. Again, not interested in that; only interested in did you take one more breath before you said something? Did you stop and brush your teeth for another 30 seconds? Did you give yourself just a minute in bed, to stretch and say something kind to yourself? Did you look in the mirror and compliment yourself today? Did you do something that is a commitment to yourself, to practice being more true to yourself, to be more fearless, to take that stretch, risk and die in your life? When people have a difficult time, what they're doing is they're being too hard on themselves, and they need more compassion. Also they're probably lumping everything into one.

Let's say that you want to ask for a raise and you have your meeting with your boss already setup, it's your yearly review. You know you're going in there, the economy's tight, nobody's getting raises, but this is the third year in a row, for some reason. The economy's tight and you're not getting a raise, and you really feel, like, I'm going to ask for that raise. You're going to practice just being fearless. Now asking for a raise might be a die for you, so what could be a stretch for you? Is it the fact that you're going into that meeting, knowing that regardless of the economy, you have value and worth? Are you going to walk in that way? Are you going to walk in, going, okay, I am equal to my boss. That's what I did with Oprah, by the way, when I was on Oprah last time. I always go in with an intention, I work a lot with intention, and I had my intention of, my whole focus—I didn't care what came out of my mouth, I didn't care how I felt about it, I didn't care what everybody thought of me—my



number one intention, what I focused on, what my stretch, risk, die was for me that day, was I was going to practice being equal to Oprah. Now that's easier said than done, let me just tell you. It's easy to say—just be equal to Oprah—and we can all say, well yes, but everybody's equal. We can all do that, okay? But you've got one of the most powerful women in the world in the room. I'm sorry, for all my authenticity, it's like blah, blah, blah, blah, on all my courageousness and fearlessness. That was my focus, so what can I do? What can a stretch be? Well, a stretch can be: really be attentive to how I look, to make sure I feel really good that day, so a stretch might be: I'm going to eat a really good breakfast, like I'm going to make sure that I eat a really good breakfast. I'm going to make sure that my outfit, I feel fantastic in, okay?

AMY: Right.

RHONDA: I'm going to feel so fantastic, I can't even stand myself, I'm so fantastic. I bought two brand new outfits the last time I was on Oprah, and tried on both, and did all that, and okay, I feel really good in this outfit. I brought somebody else with me to do my makeup. I did these things, and bringing someone else to do your makeup on the Oprah Winfrey show, you know, that could be a little . . . people could be like, well, she's a prima donna. But this wasn't about any of that. It was about how can I build a foundation underneath me? How can I create, again using that word foundation, foundation underneath me, so that when I'm face to face with Oprah, I have more wherewithal to say equal, to be in the room with her, to stay in contact with her. All these little things that we do to prep ourselves are acknowledgements. Now again, if you do it every day and it's who you are, then it's not an acknowledgement unless it's a rough day. If you work out every day, you don't acknowledge things that you do every day and it's natural. I'm talking about, let's say that it's a bad day, and you don't feel like working out, but you work out every day, but you know what, today you don't want to work out and gosh darn it, you're not gonna. Maybe you feel that way three days in a row, and by the fourth day, you go, you know what, my commitment is never go longer than three days, so I know I don't feel like it, but I'm going to do it anyway. Acknowledge it, then. Acknowledge it. It's not about, I worked out for an hour and a half; I went into the room with Oprah and I felt equal. It's about oh, wait a minute, acknowledge! Oh, I ate that breakfast, that's great. I took a bottle of water with me. I acknowledge that I got an outfit that I felt hot in. I acknowledge that I took somebody with me to do my makeup. I acknowledge all these things. Most of us just go, I acknowledge myself for practicing being equal with Oprah. No, no. I did tons of things to do it; I'm going to acknowledge every single gosh darn one of those.

AMY: What I'm hearing in your response to Janelle here, is that look deeper, investigate more. It sounds like you are saying, there is going to be—if you can acknowledge one thing, there is probably 50 more things underneath that, that you can acknowledge.

RHONDA: Exactly. Just break it apart. How did you get to that one acknowledgement? Break it apart, and can you have five moments? If you break up your acknowledgements into moments, then that's where change happens. Change happens in the moment. In the moment when you don't feel like you have a choice, and you still make eye contact with somebody, you've just changed your life. If you choose to eat that egg white omelet with vegetables that



morning, before you made Oprah, rather than what your body (fear) tells you: just eat the French toast with the syrup; just stuff it, stuff it, stuff it! I'm going to make that choice. That's courageous, courageous, and that's what we want to be. We want to practice fearlessness. When you do acknowledgements every day, five a day—and again, I'll take one, I'll take two, I'll take ten—you build your self-confidence and you build your self-esteem, and you build your self-worth. Then your stretches become your comfort zone, and now your risks are your stretches, and your dies becomes your risks, and it keeps expanding, and expanding, and expanding.

AMY: I know that we need to start wrapping up here, so one of the things that I ask all of our experts is: what would you most like people to take away from this call today, and give us an inspiring homework assignment, which I think you really did already.

RHONDA: Yes, my acknowledgements is my inspiring homework assignment, absolutely. I've already said it twice, and I'll say it again, because it bears repeating, is: there is nothing wrong with you; there is only fear and fear is telling you there's something wrong with you. Do not listen. It is lying to you to protect you, because it still things you're five, four, three, two years old. It does not know you're 36, 28, 47, 53, 69. It does not know it, because you have not trained fear. It is just like training a dog; it is just like training your husband; it is just like training your children. It is just like training people how to treat you; you must train fear, and you can do it, and you can build a relationship with it, and it becomes incredibly wonderful and incredibly rich. Fear becomes an incredible friend. I'm not afraid of fear; it's like my friend now. I get what it's telling me now. I get that it's just telling me I'm in the unknown, and it's just saying to me, hey Rhonda, you got your tools? You got your skills? You got your support? Got everything you need? You got your bags packed? You got it? I'll be like, yeah, and I got my proactive behaviors, and I've got it. Then when I move forward I've got those things, and no one can take that away from me. No one can take my self-confidence and my self-esteem and my self-worth away, when I know there's nothing wrong with me; it's just fear. I invite everyone to do their acknowledgements. I invite everyone to blaze in their hearts; there's nothing wrong with them, it's just fear, and to build a relationship with fear, and to believe that everyone is going to, if they choose to jump on that link that has been sent out, or is being sent out . . .

AMY: Yes, I'll remind everybody about that. First of all, Rhonda's website is FearlessLiving.org, and she has four books, [Fearless Living](#), [Fearless Loving](#), [Change Your Life in 30 Days](#), and [Do I Look Fat in This?](#). I'm sure that everybody on this call is incredibly inspired by what you've shared with us. Buy some of Rhonda's books; buy all of them. Buy them for yourself, buy them for a friend. Then as a gift to you, Rhonda wants everyone to begin your journey now with a download of an audio link, of day one of [Change Your Life in 30 Days](#). If you decide to continue there's even a special price, so that link was sent out in the reminder email that was sent from us today. If, for some reason, maybe you deleted that email or you didn't have a chance to click on it and you need that link again, you can email us at admin@Wake-upCallCoaching.com, and we'll go ahead and forward you that link again. A reminder also that Rhonda is in Denver on June 13th and 14th for Fearless World, which, gosh, if you want to get your Wheel of Fear and Wheel of Freedom down, I bet you that would be an awesome place to do that.



RHONDA: Our topic is "Invest in the Life You Have to GET the Life You Want" on June 13th and 14th, and actually, I fly to Denver to do Be Fearless this weekend, so I'm going to be doing Be Fearless this weekend, but please join me in Denver in June. It's going to be an incredible, incredible two days of just radically revolutionary self-love and self-investing in the life you have to get the live you want, so you can be fearless.

AMY: Great; awesome. I'm going to go ahead and un-mute the phone lines, so that everyone can say thank you to you, Rhonda, and thank you so much.