





Harley M Storey
The Life Coach Toolman

Dear Subscriber

Here is the TLR Tool® from 101 Tools Life Coaches Use.®

I hope you will find it fun to use yourself or with your clients!

[Click here](#) to watch the video that goes along with this tool!



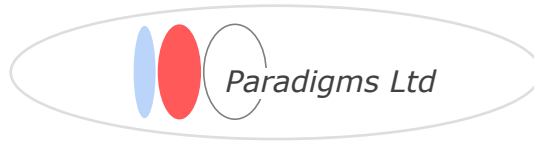
After you've taken a look, I'd love to hear your feedback, comments or suggestions.

Enjoy!

Kind regards

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P.S. You can get a free copy of 20 Tools Life Coaches Use® by [clicking here](#).



TLR® Tool

In darkness we can't see clearly, sometimes we see things that aren't there or can't see things that are there.

We might see a shadow, and imagine it's a dangerous animal but when we bring light on it, we can see what it really is.

In the same way, shining a light on what we're afraid of helps us to see things as they really are and this clarity reduces our fear.

Why would we want to look at something that would make us feel afraid?

Because it's denial that does the damage.

And when we refuse to look at something, it can end up controlling us and pulling our strings like a puppeteer.



Step 1 - Write out what you're afraid of

I'm (in this situation) *and I'm afraid of* (this).

Fear: *I've lost my credit cards and I'm afraid I'm going to lose all my money*

Fear: *I feel unattractive and I'm afraid that I'll grow old alone.*

Fear: *I've got a great job and I'm afraid I'm going to lose it.*

Now we've got our fears out into the light, two things happen:

1. they automatically feel **less** scary and
2. we can then **apply** TLR to reduce them even further.

Step 2 - Write under your fear the TLR – Truth Logic and Reason.

Fear: *I've lost credit cards and I'm afraid I'm going to lose all my money*

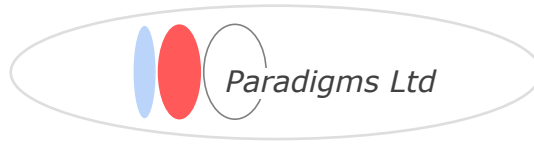
TLR: *I will retrace my steps and look for them and if I've lost them I will call the bank to cancel my cards and order some replacements.*

Fear: *I feel unattractive and I'm afraid that I'll grow old alone.*

TLR: *People have found me attractive, I've been loved before and I can be loved again. Love is all around me and in many forms, if I'm focused on giving love I will always live in love.*

Fear: *I've got a great job and I'm afraid I'm going to lose it.*

TLR: *I might not lose it. If I do, I'm great employee, I'll redo my CV and I'll find another job.*



Step 3 - Write the Result of applying the TLR.

Fear: *I've lost credit cards and I'm afraid I'm going to lose all my money*

TLR: *I will retrace my steps and look for them and if I've lost them I will call the bank to cancel my cards and order some replacements.*

Result: *Feel calm and in control.*

Fear: *I feel unattractive and I'm afraid that I'll grow old alone.*

TLR: *People have found me attractive, I've been loved before and I can be loved again. Love is all around me and in many forms, if I'm focused on giving love I will always live in love.*

Result: *Feel lovable and optimistic.*

Fear: *I've got a great job and I'm afraid I'm going to lose it.*

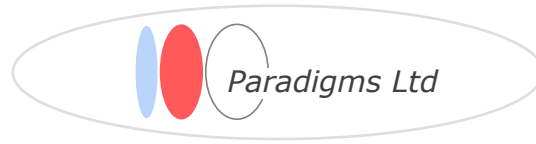
TLR: *I might not lose it. If I do, I'm great employee, I'll redo my CV and I'll find another job.*

Result: *Feel confident that I can handle whatever comes along.*

Once we have the courage to bring our fears into the light of our awareness we are no longer a hostage to our fears but can overcome our fears!

Once we have applied Truth Logic and Reason to our fears, we can start to run our own life rather than our fears running us!

And now we are out of denial we're no longer having our strings pulled like a puppet – we're free.



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