FEAR ALCHEMY

ORIENTATION QUESTIONNAIRE

This questionnaire is not an assessment, and it is not scored. It is an orientation tool.

Its purpose is to help you slow down enough to notice what is actually happening inside you under pressure, especially around decisions, responsibility, and consequence.

There are no right answers. There is no advantage to sounding good, confident, or clear.

Honesty matters more than clarity here.

HOW TO USE THIS QUESTIONNAIRE

- Take your time
- Answer from felt experience, not theory
- If you don't know, say you don't know
- Short answers are fine
- Context is helpful, explanation is not required
- Pausing is encouraged

If at any point you feel the urge to explain, justify, or perform, notice that and return to what you actually experience.

This is not about insight.
It's about recognition.

IMPORTANT

This PDF is **for reflection only**.

When you are ready, you will submit your responses through the secure form on the following page:

Complete Orientation Questionnaire

Please do not email or message your answers.

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THE QUESTIONS

1. When you are under pressure, and a decision needs to be made, what do you notice happening **in your body** before you decide or delay?

2. Describe a recent situation where you knew what needed to be done, but something inside you hesitated, pulled back, or resisted.

What did that feel like?

3. Think of a time when a decision felt settled and obvious, even if it was difficult.

How did that state feel different in your body compared to times when you were unsure?

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4. When fear shows up for you, how does it usually appear?

For example, sensation, tension, emotion, urgency, numbness, looping thoughts, or something else.

5. Can you recall a moment when simply noticing what you were feeling caused something to shift or settle?

If yes, describe it.

If no, say no.

6. Are there patterns you notice repeating across different situations, decisions, or levels of responsibility in your life?

You don't need to explain them. Just name what you notice.

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7. Where in your life do you feel you are holding more responsibility or consequence than before, even if externally things look the same?

8. What kind of support actually helps you regain clarity when things feel heavy or pressured?

What kinds of support make it worse?

9. What made you pause long enough to engage with this questionnaire now?

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10. Is there anything you want to name that doesn't fit the questions above but feels relevant?

NEXT STEP

When you feel complete, submit your responses using the form on this page:

https://www.fear-alchemy.com/orientationquestionnaire

After submission, you'll receive next-step information directly.

Take your time.
This work rewards accuracy, not speed.

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