



Fear–Love Leadership Mirror & Response Guide

Amare Leadership • Moshe Engelberg, PhD

How do you react under pressure? Do you give in to fear and ego, or do you shift into love-powered leadership? Consider your responses to the following scenarios.

Mirror: Your Personal Pressure Test

1. A new idea you propose is dismissed.
2. You make a costly mistake.
3. You're laid off or fear a layoff.
4. Someone blows up at you at work.
5. Your company's stock drops sharply.
6. Your performance review feels unfair.
7. A customer criticizes your company.

Notice your first instinct. Does your body tighten (fear) or open (love)? On a scale of 1–10, where do you fall most days?

Ego (Fear) Response vs. Amare (Love) Response

Idea Rejected

Ego: Assume others are narrow-minded. Withdraw or resent.

Amare: Stay open. Ask why it didn't land. Explore how to improve or clarify.

Costly Mistake

Ego: Shift blame or deflect responsibility.

Amare: Take accountability. Apologize sincerely. Invite ideas to repair or learn.

Layoff or Restructuring

Ego: Rage, blame, or threaten retaliation.

Amare: Have a civil conversation. Seek clarity. Empathize with the person delivering the news.

Workplace Blow-Up

Ego: Fire back. Retell the story to anyone who will listen.

Amare: Stay grounded. Don't take it personally. Hold compassion with boundaries.

Stock Drops

Ego: Panic, self-attack, blame the team.

Amare: Breathe. Assess what's controllable. Invite creative solutions. Maintain perspective.

Unfair Performance Review

Ego: Get defensive. Assume ill intent.

Amare: Seek understanding. Share your view calmly. Ask how to grow.

Harsh Customer Feedback

Ego: Get snippy, dismissive, or combative.

Amare: Empathize. Fix what you can. Follow up with care.