

FACING FEARS

"LIFE SHRINKS OR EXPANDS IN PROPORTION
TO ONES COURAGE" ANAIS NIN



**5 tips
for facing your
fears &
'breaking the
jump'**

1: STOP THINKING



Once you have decided what you are going to do then commit to the act fully, 100%, no turning back. Silence the inner voice of doubt; can I? Can't I? Should I? Really decide if you want to 'flip the switch' and go. If so then be happy with that choice.

Once you begin do not change your mind. The moment when accidents happens is when the mind starts talking but by then you happen to be mid air or half-way up a wall.

It's not a predicament you want to be in. We need to trust our bodies, they move faster than our conscious mind. Action is faster than re-action. Together the mind and body will sort something out whether it's how you adapt to a fall or landing on something you can't quite see. Don't let your thinking get in the way of the beautiful processes at play.

Decide, test, don't be stupid, commit, then stop thinking and go.

2: DON'T VISUALISE THE CONSEQUENCES

If you have an over-active imagination this will stop you in your tracks more than for other people, but there's a little bit of this in all of us somewhere. "Yes but if I... then I'll get hurt, then I won't be able to get home, take the dog for a walk, drive the car in the morning, go to work, provide for my family, I'll end up getting divorced, I'll lose my family and my home and end up a lonely useless piece of shit because I tried to do that thing..."



The story can take various twists and turns of different extremes but is basically the same. Stay in the moment and trust your instincts.

It's rare for us to attempt things that are really beyond the scope of our success. If we are mentally healthy then we are hard-wired for self-preservation and sometimes we just need to hear someone or tell ourselves...GO!



3: STOP SAYING "I CAN'T"

When things scare us it is easy to look at someone else doing them and then default to our pattern of saying "I can't", when really it would be more accurate to say either "I don't know how to do that" or "I can't do that yet", or even "I'm not sure about that".

By saying "can't" it re-enforces a negative mindset and is self-limiting in the learning process. Choose your words carefully and if there is one habit to break it's this one.

Position yourself with opportunities for change. As psychologist Jeremy Dean states, if you want big changes and results you have to start with small changes. Don't bite off more than you can chew - think small. Small changes lead to the big ones over time.

4: BE KIND TO YOURSELF



"From caring comes courage." Lao Tzu

When you stand facing your challenge, if you have a low level of self-esteem you are half way to not either making it or it not going well. Be honest with yourself and your excuses and rational for doing or not doing your challenge and the amount of effort you want to put into it.

Not everyday is the right day for facing fears, but only you know that. Be happy to do it and happy to walk away.

If you know why you want to do something it'll help in your process of eliminating your fears and hesitations but be kind to yourself in the process.

.Help yourself by facilitating what you need, don't self-sabotage your efforts due to pride, ego or any other reason. If you need a helping hand to step over a gap, ask for it and take it if offered. Stay humble to the process and kind to yourself.



5: STOP CARING WHAT OTHERS THINK

It is your life-story, history, ideas and experiences that make you who you are. NO one else has ever lived your life and it is only you who live with the consequences of the myriad of decisions and actions that occur everyday.

Every challenge or fear needs courage to overcome and you are uniquely qualified to assess what is or isn't your level of effort. Others can observe and offer insights and opinions but if you want to do it then do it for yourself.

People may celebrate or criticise but ultimately it's best not to care. Do you look cool or ridiculous? Best not to care. Is what you are doing normal, predictable or appropriate? Best not to care.

To individuate to such a degree is a massively empowering experience. It is not to fall into a role of societal entitlement but to be aware of yourself so you can be aware of others.

It is your story and your 'jump to break'.

"You will never do anything in this world without courage. It is the greatest quality of the mind next to honour." *Aristotle*

Start Today

Start NOW

Start Small

Build Momentum

