

## Break through the Boundaries of Fear

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Stop a moment and list some of your greatest fears.

At the base of every one of our fears is simply *the fear that I can't handle* whatever life may bring me. Typical examples include:

Fear of	illness	translates into fear of not handling illness.
	making mistakes	translates into fear of not handling making mistakes.
	losing a job	translates into fear of not handling the loss.
	getting old	translates into fear of not handling aging.
	being alone	translates into fear of not handling being alone.

Now if you knew that *you could handle anything that came your way*, what would you possibly have to fear? You would no longer need to attempt to **control** either the outer world or other people. What a relief!

All you have to do to diminish your fear is to *develop more trust in your ability to handle* whatever comes your way.

Belief in self = trust in self = feel good about self.

eg. Mother to child - "Be careful" = I don't want anything to happen to you  
= *I might fall apart*  
= I don't trust my ability to handle it.

What a difference if the mother said to the child - "Take lots of risks, dear."

Our goal is to be able to say, "Whatever happens to me, given any situation, I can handle it."

### Five truths about Fear

1. The fear will never go away as long as I continue to grow.
2. The only way to get rid of the fear of doing something is to go out and do it.
3. The only way to feel better about self is to go out and do it.
4. Not only will I experience fear on unfamiliar territory, but so will everyone else.
5. Pushing through the fear is less frightening than living with the underlying fear that comes from a feeling of hopelessness.

**Exercise:** Think of one fear and hold your ESR points.

- a. Get in touch with the fear. What are your feelings about it ?
- b. What do I want ? How will I handle this ?
- c. Know
  1. The fear won't go as long as I grow.
  2. What am I willing to do to handle it ?
  3. I will feel better about myself as I do this.
  4. We all feel fear on new ground.
  5. Inner power comes from pushing through the fear.
- d. Put a symbol (frame) on your decision to push through the fear.
- e. Visualize yourself handling it.
- f. Say, "I can handle it!"

**Source:** Susan Jeffers, *Feel the Fear and Do It Anyway*