

Facing Your Fears

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Facing Your Fears

You might not realize it, yet deep down everyone is afraid.

The big difference between you and all those people you can see who are successful is that they confronted their fears. They worked through their issues to get ahead or went ahead in spite of them.

When you don't face your fears, you're likely to miss out on a lot in life.

Someone once said that one of the saddest ways to sum up life is with could have, might have and should have. Don't let that happen to you.

You have a choice between controlling or being controlled by your fears.

Here are a few tips to overcome your fears for achieving your [goals](#).

Baby steps

No matter what your fears are, from public speaking to mountain climbing, you don't have to do it all in one go. Work out what you want to achieve and take baby steps.

Each small [success](#) will increase your [confidence](#) and shrink down that fear.

You don't have to do it alone

No one said you had to hide your fear or overcome it all by yourself.

Build up a support network of family, friends and colleagues who'll have your back and cheer you on.

Get professional advice from a coach or mentor or buddy up with a friendly colleague.

If you have anxiety issues that seem overwhelming, get professional help. Be kind to yourself and get whatever support you need.

Accentuate the positive

A [positive](#) mindset will go a long way to help dispel fears and worries. A negativity spiral makes things worse, increasing your paralysis and helplessness.

Look around you and actively identify what's going right in your life. [Change](#) your mindset and expectations to focus on [abundance](#) and success.

Half the battle is learning to [accept](#) that you deserve success, you deserve to win. You can focus your [energy](#) on getting there.

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Take control of the story

Rewriting your narrative can knock your fears on the head once and for all. If you see yourself as a competent, successful person, those niggles of self-doubt, that negative self-talk won't be able to get a toe-hold.

Take control of your story, decide to be brave, confident and successful. Write down all the negative things that go round and round in your head. Make a list and for every bad thing, write a positive one.

Bat down the self-doubt by setting down your skills, your strengths, your good points. You'll soon see they outnumber the weaknesses and you'll be back in control of your own success story.

Breathe intentionally through the day

Anxious people are shallow breathers. Tensions feel that much worse when our **brain** is not well oxygenated, as well as contributing to muscle tension.

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Use [this 4-7-8 relaxing breath technique](#) at various times throughout the day.

Improve sleep habits

Ending the night with a scary movie and getting your [mind](#) to process that during your sleep hours, is not a great idea. Right?

Take a look at what you do to prepare for [sleep](#) of an evening.

Here are [a few tips about healing your body as you sleep](#) which will get you on track.

Where could you make changes so that you wake and begin your days in a rested and calmer state.

Teach your body

Read the work of Dr. Herbert Benson about our body's relaxation response.

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Teach your body to release chemicals and brain signals that make your muscles and organs slow down and increase blood [flow](#) to the brain.

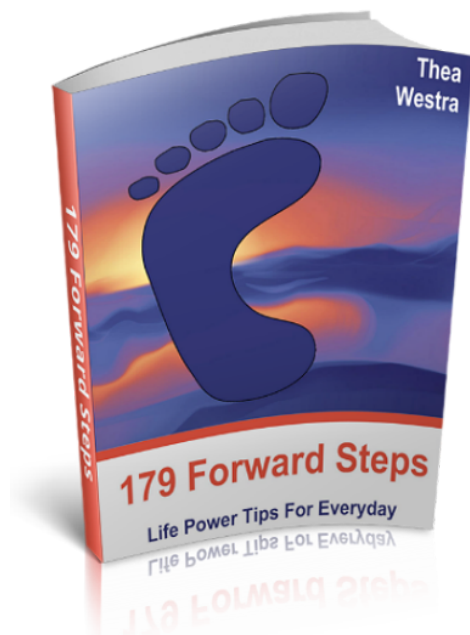
One of the best ways to do that is by meditation each morning. Here's [a free meditation timer tool](#) that you might find useful.

With regular [meditation](#) you can enjoy lower stress levels, increased wellbeing and reduced blood pressure levels and resting heart rate.

The following 3 posts might be useful for you too

1. [5 Quick Techniques To Rule Your Stress Level](#)
2. [How To Master Anxiety And Worry](#)
3. [Peace of Mind And Feeling Calm Every Day](#)

[Kerry Ressler](#) stated that, "Getting over a fear is an active process that requires learning and retraining the brain. Essentially, you are training higher-level brain areas to overcome signals from areas like the amygdala so that you can put threats into a more realistic context."



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