FACING FEAR:

5 PRACTICAL TIPS FOR MOVING THROUGH FEAR + INTO FREEDOM

FOR WOMEN WHO WANT TO GET OUT OF THEIR HEAD AND ON WITH THEIR LIFE
GOOD ON YOU!

You downloaded this booklet because there is something holding you back and you are ready to take charge. You've got some fears that have been stopping you from going after the things you want wholeheartedly, from stepping out into new territory or from trying something new and you want to stop wasting time being debilitated by fear.

I'LL START WITH THE BAD NEWS:

That fear is not going away. It's here to stay.

No amount of cajoling, trickery, online courses or therapy will ever give you the magic wand to outrun your fears. (stick with me here..)

Fear is an innate, built in safety mechanism that our brains need to stay safe.

We all have a fear trigger in our minds that help us to make good decisions, stay safe, look after ourselves and move through the world. If we didn't have fear, we would do really stupid things. We would touch burning things. We would open car doors when the vehicle is moving. We would jump off tall buildings without a parachute. That kind of thing. Fear is good for that stuff. We need fear.

The thing is that our brains have developed past the primal fear stage. We have evolved beyond all of those things now but our brains still have only one way of responding when they sense any kind of risk - either external or internal.

Fear will show up and warn us when we’re about to do something emotionally risky too. Any time we contemplate doing anything that risks the potential of embarrassment, rejection or pain, fear will ignite - just like it would if we were to touch a hot oven.
HERE'S THE THING THOUGH:

The fear that triggers in your brain doesn't actually have any interest in your fulfilment. It's only purpose is to keep you safe. It has no interest in creativity, in desire, in expression or freedom.

You should be connecting the dots by now of how fear shows up for you; especially when it comes to moving towards something that might just bring those fulfilling things into your life. Fear usually has a field day when we start to contemplate any kind of move out of our comfort zone, change or stretch ourselves a little bit.

People often tell us how good it feels when we are moving towards the things that really light us up - what I've found to be true is that we are more likely to feel discomfort! Now I see that as a sign that fear is just trying to do it's job and I'm probably on to something significant.

WANT TO KNOW THE GOOD NEWS?

Just because we can't banish fear (because we still need it in so many circumstances) doesn't mean we have to let it master us.

I want to share with you FIVE practical tips that can help us acknowledge fear and move through it so we can feel more free, more fulfilled and more able to forge ahead into the things that light us up.

HERE WE GO...

1) GET REALLY CURIOUS
Curiosity is the BEST cure for fear because it shuffles your brain into a different state. Curiosity is playful, gives your ideas room to breathe when fear would want to suffocate them into safety. Staying curious about what is triggering your fear or how you can move through this situation is incredibly powerful. Curiosity can energise us, make us more active and less intense about whatever it is that is going on.

FEAR: "You absolutely cannot do this. You would make a fool of yourself. It's too hard, too scary, too exposing."
CURiosity: "I wonder how I could do this in a way that feels true to me. I'm going to look into a few options for getting this out there and see what's possible."
2) BE AN INVESTIGATOR - FIND THE EVIDENCE:
Often when fear strikes, our brains erratically tell us all kinds of nonsense to get us back to safety and doesn’t actually give us a specific worst case scenario - it’s just all adrenaline and panic. Investigate your fear - get really specific about the outcome you are worried about. Once you find out what it is you’re really worried about, start digging to see if there is any real evidence to back the fear up. What you’ll find is that more often than not, there is zero evidence (or to the contrary, a stack of opposing evidence) to suggest you can’t do the thing you are thinking about doing.

FEAR: “You absolutely couldn’t pull that off. You’re too lazy/undisciplined/bad with money/terrible at technology etc.”
INVESTIGATOR: “What is the real concrete evidence that would prove that I am lazy? That I am undisciplined? That I cannot be trusted with money? When has that ever been true in the past. That’s an old story or belief that I could do with updating.”

3) GIVE YOUR FEAR A PERSONA:
A technique that has often helped me to keep my fear quiet is to give it a persona; to imagine it as a separate person in my mind. My fear talks to me patronisingly - she is rigid, self-righteous, jealous and likes to take me down a peg and question my choices. I like to imagine that she has icy white hair and dresses like she’s always heading to a corporate business meeting. When I sense that she is appearing to try and keep me back, I like to imagine myself walking her out of the room by the arm - telling her that I’ve got this; that I’m good without her help today. This can be a really powerful thing to visualise to help you get on with what you need to do.

FEAR: “Wow, that’s a ballsy thing to do. Do you think you have the guts to do that? That sounds like an awful lot of work. Are you sure you’re cut out?”
PERSONA APPROACH: “Thanks for showing up today, I know you’re trying to keep me safe, but I’m going to need to let you out of the room for this, or at least ask you to sit quietly to the side. I have got this. You are not needed today.”

4) CONNECT BACK TO SERVICE:
When fear shows up in your personal life or your work a brilliant way to alleviate those feelings of fear or imposter syndrome is to remember who you are doing this for. Who is going to benefit from your work? Who is going to enjoy your product? Who is going to be impacted by your ideas or offerings? That person might even be you - as you step into this path of fulfilment, you’ll find yourself to be a more contented woman, partner, mother etc. Focusing on the people you are serving can bring you out of a state of fear and into action.

FEAR: “This will never work. What’s the point?”
SERVICE FOCUS: “I’m afraid but I’m going to do this work anyway because it is going to help X people to do Y and that’s worth doing.”
5) SELF-COMPASSION
Sometimes the antidote to fear is radical self-compassion. Sometimes the way we speak to ourselves when we are in fear can be so volatile, so merciless, so judgemental that what we need is to treat ourselves like we would a small child, attempting to try something new and scary for the first time. Fear thrives on judgement and multiplies when shame is added. When you are too afraid to take the next step, try speaking to yourself with compassion; show yourself some empathy and see how you can slowly ease yourself out of that panicky fear and into more realistic and self-supportive thinking.

FEAR: "You are useless. How are you ever going to make this work? You keep making the same mistakes over and over. Why don't you just quit while you can to save face."
SELF COMPASSION: “This is hard. This takes time and you are more than able to make it happen if you let yourself learn at your own pace. You can make mistakes and try again. You are so much more than what you accomplish. Go to bed and start again tomorrow.”

Keep these techniques handy. Practice them - you might find one or two that work best for you.

Remember that fear isn’t going anywhere but it’s only job is to try and keep you safe.

But safety is not the same as fulfilment. Safety is not the same as bravery. Safety is not the same as honesty. Safety is not the same as creativity.

And we all deserve to live fulfilling, brave, honest, creative lives on our own terms.

Cheering you on all the way!

Mel xo