

# What is Fear?

In the Bible the statement “fear not” is mentioned 365 times. There are also 365 days in a year - a mere coincidence or is there a message in there for us? I think Someone out there knew the importance of living a daily life controlled by love not fear.

One of the most fearful events of my life was in 2005 when I was sectioned under the Mental Health Act and diagnosed with bi-polar disorder. I had the fear of my situation (the present) and also a fear of the future. Most fears fall into these categories. Would I ever get out of the hospital? Would I be the same person again? Would I continue putting on weight due to the medication? Would I lose my family, would I lose my home, would I lose my job? Could I cope back in society with this mental illness which I was told by the doctors was a lifelong condition? Would I relapse if I came off the medication?

It would take too long to tell the whole story in depth and all the events leading up to it but the main factors which got me through, apart from the support of family and friends, were:

### Positive thinking,

Negativity is the brother of fear. I was told a lot of things by doctors and patients and I chose not to believe the words that would create fear in me, which meant having to create my own story with a happy ending (re-framing)

“If you want to overcome a fear then it’s because it’s irrational and really a phobia. However I want to keep my fear of being hit by a car which means I look both ways before I cross the road and that fear benefits me”

### Knowing yourself

In order to change your story you have to understand yourself, what floats your boat and what sinks your ship, what takes you to the next level and what keeps you down. Know your mind and understand how it ticks and the power it possesses to destroy and more importantly create. Without our minds we are vegetables. Everything we see today started in the mind of someone.

(Personal development)

### Practising what you preach

If you are thinking positively, and you know yourself then you know your potential. Think, speak and act according to your beliefs and see the results. You can’t overcome a fear without facing it head on.

I wouldn’t be coaching today if I hadn’t faced my fears head on. You may be the only person who believes your story – well, that’s fine so long as you live it out. After all it stands or falls by what you ,not others truly believe..

Fear can hold us back preventing us from fulfilling our true potential; we can fear success and fear failure. This fear will keep us in limbo ,stagnating us while life goes on around us. There is always something or someone to fear if we think about our situations in a negative way.

## “What you resist, persists”

Neale Donald Walsch

When we try to resist something we are actually creating more of the same as we focus our attention on it, Do you think the events in and of themselves create the negative thoughts, or do the negative thoughts help create more of the events to fear? What do you believe? One way to find out is to think, feel and act positively about whatever fears you have and notice the difference in your life.

If we can learn from every situation then where is the failure and what is there to fear? Many of our great technological advances came out of seeming failure .Thomas Edison made thousands of attempts to create the light bulb before he succeeded and afterwards, when asked how he kept going, Edison replied” After each attempt I knew another way not to do it ,I was getting closer to the solution”. If Edison had had a fear of failure who knows if or when we would have a light bulb..

## “Faith not fear moves mountains”

Overcoming our fears helps to build our

confidence about facing life’s obstacles and also gives us greater leverage to tackle other difficult events in our lives. There will always be something out there to make us fearful if we have that mindset.

The acronym of **F-E-A-R** is **False Evidence Appearing Real**. The false evidence creates the fear but the truth sets us free, demolishing the fear and enabling us to love life. The next time you face a situation that fills you with fear

- Change the story in your mind to a positive outcome
- Give the situation perspective – remove the emotion from the scenario
- Determine what steps you need to do to create your ideal story
- Your past doesn’t have to equal your future unless you want it to and if you don’t want it to then don’t let it.
- Get additional or outside help if needed to make the changes you want to see

That’s a good start but it’s not the end of it, only you can create the ending, so what’s your story and how does it end?

If you are interested in finding out how Life-style coaching can help you to move forward in life, drop me an email in the first instance to [ultimate2ask@hotmail.co.uk](mailto:ultimate2ask@hotmail.co.uk) expressing your interest. I currently offer FREE taster coaching sessions.

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