

Linda Orchard

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Sent: 03 July 2007 12:39
Subject: July 07 ' F' is for FEAR - Stop it from stopping you

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July 07 Issue 10 ****REACH FOR THE STARS****

Your Newsletter from Safety Net
Development Coaching

Dear Friend,
**This issue will take
approximately 4 minutes to
read in total.**

IN THIS ISSUE

- **Fear - Why you can't let it hold you back**
- **Quote of the Month**

Since we've reached 'F' in our A-Z,
that means one of your biggest
hurdles of all - FEAR (or

alternatively -
False Evidence Appearing Real).

This is a **BIG** subject with **BIG** consequences, so this whole issue is dedicated to it and how to stop it holding you back.

The newsletter is taking a break next month for the summer as many people read it at work and will be away so we'll be back with more great tips, actions and ideas for increasing your happiness on the first Tuesday in September.

If you have any ideas as to what you'd like to see covered in the Autumn issues, do get in touch. I'm always happy to know you're out there.

'F' IS FOR FEAR

Here's some useful stuff you might not know about this particular 'F' word



- Whatever happens you **WILL** handle it. (So once you know that, what is left to be afraid of?)
 - Imagining scary consequences is generally much worse than the event itself
 - You are not actually scared of what you think you are scared of, but of the fear itself.
- There are only 2 things of which we are naturally afraid when we are born. One is loud, startling noises and the other is falling. That means everything else is learned.

So your fears of failure, success, commitment,

public speaking, spiders, conflict, going for promotion, flying, swimming (or even your wife!) have all been learned from one past experience or another. Not necessarily even your personal experiences but ones that may have been communicated to you by other people. For example if you're scared of flying but you've never been in a plane, did someone you were close to when you were small, give you the message (spoken or otherwise) that it was risky?

In the dictionary, it says fear is "a painful apprehension of danger or of some impending evil". Note the key words - apprehension, impending. These words are all about the future - SO WHY ARE YOU WASTING YOUR VALUABLE TIME THINKING ABOUT IT NOW?

If we're talking about physical danger then of course fear has its place and you use it to take precautions such as taking care crossing the road. However, what purpose does it serve to be fearful of the situations listed above? The only purpose is to hold you back. Is that what you want?

When did you last NOT do something you would have really liked to do, or felt you should do, because you were afraid of what would happen as a consequence? When did you last go against your gut feelings because you were fearful of following them through? More importantly, are you willing to admit it?

Susan Jeffers who wrote, "Feel the fear and do it anyway", suggests that pushing through the fear is less frightening than living with the underlying fear that comes from the feeling of helplessness. And if you don't take action, the fear just goes on and on and on and on and . . .

It's really important, therefore, to spot the difference between useful fear and the kind that only holds you back. Generally we develop this second kind to keep us safe from the reactions of other people. Recognise when you have let this go too far and you are allowing self-limiting fear to waste your time and

energy and stop you from experiencing new, wonderful opportunities.

Remember though, that your personal comfort zone will steadily grow through gradual stretching , so don't feel you have to blow it out to unrecognisable proportions all at once and risk tearing it apart.

I'm a great believer in the value of noticing when triggers happen so the first step in tackling this is to cultivate your own awareness of when a fear is responsible for you putting the brakes on life. Notice it and acknowledge it, and then at least you have a choice whether to let it beat you or not.

Remember it is not real. You are creating it in your own mind and if you can create it, you can choose to remove it. Easier said than done, you're perhaps saying, but it is quite possible to do. If you don't believe me, get in touch and I'll tell you all about how I do it so successfully using NLP.

One great strategy is to ask yourself, "Am I alright now, right this second, am I safe and not in danger?" Generally the answer to this question is yes, which means that right here and now you do not need to worry. Keep asking yourself and you'll find that the answer is likely to remain 'yes' at every point when you ask the question.

So yes, you can certainly prepare carefully to try and ensure an event goes smoothly, but fearing it will make no difference as to how the event pans out, apart from stopping you from performing to the best of your ability. It will make no difference to other people's reactions or indeed the consequences.

**Why put yourself through it?
You just don't have time for that.**

**Look out for the September issue on finding
HAPPINESS IN YOUR IDEAL CAREER**

***In your mailbox on Tuesday 4th September*
Don't miss it. Especially if you read this at**

work!

PLUS

'G' is for Goals - Set them, achieve them, enjoy them

"QUOTE OF THE MONTH"

**Rudyard
Kipling, 1865 -
1936 Poet &
Author**

**"Of all the liars in the world,
sometimes the worst are your own
fears."**



When we experience fear, it seems we all suddenly become clairvoyant. All at once you know what is going to happen in the future and have utmost faith in your predictions of doom, gloom and failure. These thoughts are a combination of all the voices in your head

which, were designed to keep you safe as a child and young adult. Are they still appropriate now, for a grown, independent person? The exaggerated foreboding of negative consequences are the liars of whom Rudyard Kipling spoke. You need to expose them as such.

To follow this up, I'd like your help to put an article together to illustrate how this works for so many of you so often.

Email me with your stories of your worst fears that never transpired. We all have them and if they're funny or poignant or you learned something from the experience, even better..

If you'd like your name or that of your business included, that's fine, otherwise, I promise to keep your details confidential.

See you in September

Remember to forward this newsletter to any friends or colleagues who could benefit. Just hit the link at the bottom. Or they can add their email



Best wishes, have

address in the 'join our mailing list' box and hit JOIN

a great Summer, and however you spend it, make sure you don't let fear get in your way.

Linda

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