



Helpful Insights for Understanding and Dealing with Fear and Negativity

1. Everyone has it

The first step towards handling fear is admitting that you've got it. The fact is, many people are in denial about the amount of fear that they have in their lives. Fear responses such as worry, perfectionism, procrastination, etc. are not recognized as such, and once they are identified as fear, change can take place.

2. We repeat patterns

Fear doesn't give a damn about your happiness or your bank account. All it cares about is keeping you alive. And to that end, and to conserve energy, it will have you repeat patterns over and over, resulting in similar outcomes, even when that outcome is no longer desirable or helpful.

3. Avoid victimhood by avoiding drama

Some people feel compelled to involve themselves with drama, because it gives them an excuse not to change. Bad economy? I can't possibly make a million dollars. Climate change? I can't do A, B or C. Change the way you look at things and you can change your life. Instead of seeing circumstances, people, or yourself negatively, examine your thinking, understand how it affects you, and choose an alternative perspective.

4. Develop your emotional vocabulary

When you only have two or three feelings, you're at their mercy. If you have 100 or 200 feelings, you can tell the difference between, for instance, frustration and irritation; you can tell what drives your anger. And when you can identify your exact feeling, you can manage it effectively and achieve self-regulation and self-mastery.

5. Get space

Space is critical. Between being told or thinking something, and acting on that thought or feeling, there must be a pause. process it, consider what the appropriate course of action might be, and then act. This prevents you from knee-jerk reactions or decisions based on fear or faulty assumptions.



6. Do not act from a place of desperation

Along similar lines, when desperate, do not take action. Let yourself become centered and awake. And be okay with both yes and no. If you can't say no, your yes means nothing. Accepting either will give you clarity and enable you to make a good choice.

7. Does it serve fear, or freedom?

Risk often invokes fear, but at the same time it offers opportunity. Every feeling and every value can be used in service to fear or freedom, depending on your filter. Integrity, for instance, in service to freedom, allows for renegotiation. Integrity in service to fear gives no leeway - you must do what you said you'd do, no matter what.

8. Identify your core fear and essential nature

Your core fear, the thing that triggers your negative responses, will rule your decisions unconsciously unless you can recognize what it is and counter it with a matching essential nature. If your core fear, for example, is being called a loser, it is your job to practice the essential nature of authenticity, to be real even if you run the risk of being dubbed a loser.

Be inspired and motivated by Rhonda Britten at <https://fearlessliving.org/>

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