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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

10 ways to deal with fear

By Julie Plenty

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10 ways to reduce fear.

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> Fear often interferes with our ability to live more fulfilling lives. Fear is the critical voice in our head saying: "You'll never succeed, so why try?". Fear makes us listen to those voices and give up before we've even started.

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> When we let fear rule our lives, we miss out on opportunities and leads us to dismiss people and situations that could help us reach our goals. Fear comes in different guises and different forms – procrastination for example. Here are 10 ways to reduce and break through fear.

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> 1. Write down your fears and how they affect your life.

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> 2. Are there things that you're holding back on, because you're frightened that you are not good enough or of making changes generally? You have a limited time on this earth. Deadlines are called deadlines for a reason!

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> 3. Listen to your self-talk. Many of us don't so much talk to ourselves as make statements ie "I'll never be able to get that job". This cuts your brain dead and gives it nothing to work on. It's gone for a prolonged holiday!

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> 4. Start asking yourself questions. For example, ask "how can I make giving this speech an enjoyable experience?". Now your brain has something to do! Don't expect the answer straight away (but be aware of opportunities and situations that provide clues) – but you're going in the right direction.

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> Get into the habit of asking yourself questions rather than making blanket (negative) statements.

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> 5. Redefine "mistakes" and learn from them. Don't beat yourself up over mistakes you've made in the past and being fearful of starting new relationships, jobs etc. That gets you nowhere. Call a mistake an "opportunity for learning" and seek the learning in every "mistake".

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- > 6. Seek the company of supportive people and reduce contact with those who foster feelings of negativity and have a "fearful" approach to life.
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- > 7. Read books about people who have succeeded despite the obstacles and look at the principles and qualities behind what they did, their thinking and attitude. Closer to home – seek out role models who represent what you want to become. Learn from their approach and attitude.
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- > 8. Know that whatever quality you like or admire in someone is lying dormant in you – waiting to be developed. How else would you recognise it? Make a list of the qualities you most admire in someone else and ask yourself how they can be acknowledged and developed in you.
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- > 9. Your past doesn't have to define your future. Be aware of your past and willing to let go of it. Each day brings a new opportunity to do and think about things differently.
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- > 10. List your goals and the actions you need to take to achieve them every day. Every time you do something that brings you a little closer to achieving your goals, you will feel better about yourself and reduce your unnecessary fears.
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- > and
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- > get yourself a Coach! Or someone to (in)formally support and encourage you to break through your fear and achieve your goals.
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- > Julie Plenty is a Personal and Business Coach who specialises in creating coaching programmes to help people raise their self-esteem.
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- > She believes that too many people do not fulfil
- > their potential and lead less than fulfilling lives because of low self-esteem.
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- > To address this, she is currently developing the KickStart Your Self-Esteem! self-coaching programme on which will be available to download in early 2003.
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- > Subscribe to the free e-course "5 ways to not improve your self-esteem" and you will get a discount on the KickStart Your Self-Esteem! Programme. Send a blank e-mail to:
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- > selfesteemecourse@spearhead.par32.com

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Be Smart In How You Deal With Your Fears And Anxieties

By Stan Popovich

Be smart in how you manage your fears and anxieties. Knowing the right way to deal with your fears and anxieties can save you a lot of time, money, and headaches. Here are some ways in how to manage your fears.

First, determine the source of your anxieties. If you try to manage your fears without knowing what is causing them, you will not get rid of all of your fears. Talk to a counselor who can help determine the root cause of your fears.

Once you know what is causing your fears, the next step is to focus on those techniques that will manage the fear. Some techniques are better than others in managing your fears. Determine the best ways that will get the results you are looking for. If you have trouble finding ways to manage your stresses, then talk to a professional.

Do not do everything all at once. Fear can be extremely difficult to manage. Some people who face a particular fear try to get rid of it with one try. Sometimes, you can't get rid of your fear in one effort. The best way to tackle your fears is by taking your fear apart and taking it step by step to manage it.

For example, let's say that you are afraid of giving a speech to more than 60 people. Knowing that you have to speak in front of this large group of people scares you. What do you do? For practice, try to speak in front of maybe five of your friends. Get into the habit of speaking to five people. When you are able to do this, then speak to maybe 15–20 people. Once you are able to do this, then speak in front of 40 people and so forth.

The key is to divide your fears into smaller parts and tackling each part one at a time. As you accomplish each smaller task, you will gain the confidence to do more. Eventually, you will be able to overcome your fear.

Be smart in how you deal with your fears and anxieties. Following this advice will save you from a lot of suffering.

Stan Popovich is the author of "A Layman's Guide to Managing Fear" an easy to read book that presents a overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to:



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