

Life and Business Leadership Insight - July

"The Frightening Thing about Fear"

Just last week someone asked me what I thought was the most debilitating human habit of all... It's an interesting and compelling question.

After thinking about it briefly I replied – fear.

My work consistently exposes me to individuals who want to improve the quality of their lives. Whilst this is an empowering pursuit the interesting thing is that some people are too **fearful** of the imagined outcomes to take the appropriate action or more importantly to get the outcome they want...

Generally speaking, successfully conquering fear must begin with a positive sub-conscious "vision" that allows the individual to see themselves successfully achieving the desired outcome. This involves the successful mental rehearsal of the skill or the situation so that the "imagined outcome" becomes the "actual outcome". This is simply using the theatre of the mind to watch and live the preferred outcome-simple visualisation.

This adds even more credence to the statement that "**perception becomes reality**"

Another way of disarming fear is to use the following acronym frequently:

F - False
E - Expectations
A - Appearing
R - Real

Next time you feel frightened tune in to the situation and establish whether it is dangerous for you personally and an issue of self-preservation and then decide what you stand to gain from confronting it.

I'll bet that after analysing a few of these scenarios you will realise that there are few situations that are really fraught with personal danger and that most fear really is, after all, all in the mind.

Performance Enhancing Substance:

"Feel the fear and do it anyway"
Anonymous

Performance Enhancing Reading Material:

"Living on the Edge" The Antarctic Story" Yvonne Claypole. Harper Collins Australia. 2001.

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