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ISSUE 45

FACE YOUR FEARS

OUR VULNERABILITY ISSUE

OVERCOMING FEARS & PHOBIAS

EMBRACING VULNERABILITY

THE FEAR OF LOSING

COURAGE TO JUMP

PLUS

The Value of Vulnerability

From Vulnerability to Strength

12 Signs of Vulnerability



HOW TO

Face Your Fears

- by Danny Bader

If we know we are living a life based out of fear why do we keep doing it?

The answer is simple. Because it's easier to continue doing what we know than to face uncertainty. So how do we move past our fear and set out on a path to success? Here are three steps that can get you headed in the right direction today.

1 - Expect it

Fear is a fact of life. It lurks behind every insecure, unknown and scary feeling that we keep buried deep down inside. And more often than not, it stems from our thoughts of inadequacy, being hurt, being judged or simply failing. But once we recognize that this is a normal feeling and learn to expect it then we can begin to map out how to manage it.



2 - Fight it

Fighting fear is seldom done alone. Seeking support from strong friends and allies is essential to leading down the path to success.

Talking with loved ones about your fears -- where you believe they're coming from, how you feel when they arise, and how they are blocking you from your goals not only helps you vocalize your internal feelings but also allows you to know that you are not alone in your journey.

Seeking the support of a professional coach from time to time is also helpful to ensure that your fear-based feelings don't grow into larger issues like anxiety or depression.



3 - Develop A Vision

Fear is often the result of us developing a vision comprising the negative outcomes that might arise as we cross the threshold into our unknown.

The constant barrage of "What ifs" cloud our focus and often lead us further and further away from where we want to be.

That's why developing a clear vision -- a goal for ourselves -- is instrumental in our quest to conquer fear.

Easier said than done right?

Well, try this. Experiment with this the next time fear shows up: stop, acknowledge the fear, and then imagine everything working out just the way you want it.

Do not let fear be the result of your being focused on the wrong side of your vision. Turn it around. As George Bernard Shaw offered us, "Life is not about finding yourself. Life is about creating yourself."

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