



## Facing Your Fear is Attractive

Hello Everyone,

Isn't it funny how kids (and adults) love Halloween? I remember waiting in line for a haunted house and being so excited. But then as it became my turn to go in I was scared. I think it's interesting how we can both love and hate to be afraid.

Fear is a paralyzing emotion. Certainly it serves a useful purpose - to ensure that we look at consequences before plowing ahead without due consideration.

Many of us are in the process of clearing out what doesn't work anymore-creating space for what is a more perfect fit to show up in its place. This can seem like an intimidating time. I can remember all the life changing events in my life: starting several businesses, becoming a coach, publishing a book, being asked to do television appearances. Oh, and let's not forget, getting married, getting divorced and having children.

Everyone has their list of incredible things they are fearful about. we may find ourselves not wanting to face it... we may try to "fill the space" by keeping busy with **dazzling** distractions or obsessions or addictions. Yet we know that by avoiding this stage of the process called "Facing the Fear," we stay stuck with what no longer works in our lives. But this is actually the time when the universe is waiting for us to give it more definite directions as to what to send our way.

Facing your fear is attractive!

### Steps for Overcoming Your Fear

"No passion so effectually robs the mind of all its power of acting and reasoning as fear." Edmund Burke, Irish Philosopher, 1756

How often is fear holding you back from what you really want? Whether it is in your business, career, relationships or your goals? A step that can help you move forward despite fear is to break it down. If you are considering a bold new move, like a new job, here are some questions to ask yourself:

- What's the worse that can happen, and can I live with that?
- What's the best that can happen, and are the odds pretty good?
- Am I willing to live without that opportunity? When might it come again?
- Have I had fear I've conquered before, and what were the results?
- Has fear held me back before, and what were the results?
- Am I afraid to let go of the familiar, though it zaps my energy?
- How will I tell about it when I'm 80, reflecting back?

After you've answered these questions take the following 3 steps for overcoming your fear:

1. Don't wait on fear. If you wait for your fear to dissipate or disappear, trust me, you'll have a long wait. Anything worth doing in life will involve fear whether it's talking to a stranger, giving a speech (which I do frequently), or leaving a relationship that you know is holding you back. I have a special litmus test for whether or not to act in spite of fear. If, when considering a situation, you feel a mixture of fear and excitement, I've learned that a "yes" vote is usually a good bet. There seems to be something about this combination that signals an opportunity that will move you forward in life.
2. Use fear to your advantage. Tackle those things that evoke a sense of excitement and trepidation and fear will become an ally. Each new experience provides a challenge and an opportunity to expand your comfort zone. The way to create an extraordinary life is to make the challenge fo fear work for you by building your courage muscles. You can train yourself to face fear head-on, so you can push yourself beyond a mediocre life that honors your values and highest calling.
3. Take action. When one of my biggest fears came true and I became single again I realized that I would have to change. Now that's scary! Where does one begin? Eventually my changes became a book, *Dating 101: The Second, Third or Fourth Time Around*.

Take your anxious energy and direct it toward facing your fear. Taking action removes the focus from your fear and transfers it into creating your own solution. What actions are you going to take? Email me at [Dee@DeannaFrazier.com](mailto:Dee@DeannaFrazier.com) and let me know.

Contact Deanna Frazier For Speaking and Coaching!

Deanna Frazier will speak to any size group or meeting. She incorporates humor and shares dating stories and advice in all of her speeches.