

## A few thoughts on fear

All fear is future based. Fear doesn't live in the present. Fear lives in the mind that is living in a future. The present is always safe when one notices reality. The present is where the answers to the next right action are.

1. Here are situations where fear shows up.
2. The fear we will lose something that we have. "I'm afraid my Mom will die."
3. The fear we won't get something we want. "I am afraid I won't get my dream job."
4. The fear that something that traumatized us in the past will happen again. "I am afraid I will attract an abusive partner."
5. The fear we will get what we want and won't be able to handle it or be what we want and won't be able to handle it. "Becoming president of my successful new business will overwhelm me."
6. The Fear that we don't have the knowledge or the power and we will fail. "I have never written a book, so how can I possibly succeed?"
7. The fear of the unknown. "The earth could be hit by a comet and be blown up."
8. Fear is the opposite of Love. When we feel fear, we close off our hearts. When we close off our hearts, we close off the Love of our Higher Power and the intuitions and messages we receive from our H.P. We close off the love and support others can give us. We close off our own self-love. When we open our hearts, peace and comfort are allowed in. Answers start to appear. Therefore, love is also the antidote for all types of fear. Remember, it is in our hearts where we feel the presence of our Higher Power. Open your heart, and love and comfort will come. Love conquers all.

The first fear has to do with the fact that life is always changing. All things are born, all things eventually die. This first fear has to do with wishing that we could control all of life so we could feel safe and happy. That no one would get old, no one would die, that our health will always be good.

The antidote for this first fear is 1. Acceptance (serenity prayer) 2. Faith—let go and let God, everything happens for me, not to me. 3. Leaning into the pain—the cure for pain is in the pain. We grieve a little every day, the passing of another day of life. This is natural. This can bring us to enjoying and being grateful for the living we have just for today. 4. Gratitude is the fourth antidote for this kind of fear. When we are grateful our hearts open and the fear is manageable or ceases completely.

Another kind of fear has to do with not getting something we want. Fears arise when we are faced with the unknown or thinking about doing something we have never done before. The fear of unknown outcomes. When we do something over and over, we become proficient at it. Before that, we are afraid.

This fear has to do with **Courage** and **Capability**. We lack the *courage* to step out into the unknown, and because we don't step out into the unknown, we then lack the *capability* to handle what the unknown is. When we have courage to take even one action and move through fear, we grow in our ability to do what makes us fearful. By actually doing what makes us feel afraid we eventually become capable of doing these things without fear because fear leaves when we become proficient at something.

Faith also is the antidote for this kind of Fear, but faith attached to action. Faith without works is dead. In other words, faith without actions will only cycle us back to the same fear. Courage to act as if, will help us take the actions we need to overcome fear because we can only overcome fear by taking **Action**.

The third fear has to do with neurological pathways. Replaying scenes that are no longer in reality, but bringing them into the here and now. This kind of fear has cycles and anniversaries. We react as if this trauma is happening right now or we become afraid that it will happen in the future. This kind of fear, much like addiction, becomes an obsession of the mind. The antidote to this fear is to question our thoughts, inquiry, seeing reality rather than the wreckage of the future. This fear often needs others to help pull us out of—or as some people say, God with skins on them. The action to take for this fear is to reach out for support from people in working through your anxiety.

The fourth kind of fear is like fear #2 but subtly different. It's the fear of one's own power. The fear that you really do matter and really can make a difference. The fear comes when the identity set up early in life is being challenged. My ego told me I was worthless, now I have an identity crisis because I am beginning to see that I have gifts and talents that matter to the people in my world. That I am a gift to the world and I am fulfilling the will of my higher power. Where does this fear come in? It's taking back our need to control. If we are God's agents, then of course we will become the vehicle that manifests more than our smaller self could. The overwhelm comes because we are growing and all growth will have pains and tests. Muscles that will need to be flexed. Antidote: Let God do for you what you cannot do for yourself. Serenity prayer. Open your heart to HP and feel comforted. Accept where you are right now. Gratitude. Laugh at yourself. Fear can be lighted by laughter.

### **Fear Spiral**

All fears are based on vagueness and not being clear or focused. They are based on thoughts that come in so fast, we are not even aware of them. We are aware of the panic or the body sensations before we are clear about what the fear is.

Here are some emotions and behaviors that are clues we are afraid:

Anger  
Shame  
Guilt  
Jealousy  
Indignation  
Justification  
Defiance

Picking a fight  
Holding a grudge  
Getting sleepy  
Feeling more tired than usual  
Feeling sick and hoping you are  
Being sick and feeling relieved that you can go to bed  
Being late  
Procrastinating  
Talking over someone  
Talking at someone  
Cutting people off  
Suicidal thoughts  
Helpless feelings  
Hopeless feelings  
Avoiding the topic  
Getting very busy doing unimportant things  
Oversleeping  
Overeating  
Vegging out in front of a screen  
Getting drunk or high  
Distracting self with fantasy and porn  
Not exercising  
Breaking commitments  
Doing everything you can to not take action

### **Breaking the fear spiral**

Must begin with Clarity (see the issue, see the goal, see the vision)

Clarity leads to Confidence (when you see it clearly, it starts to build trust that you have answers)

Confidence leads to certainty (when you start to trust yourself, and you are clear, you become certain that you can accomplish the next right action.)

Certainty leads to courage (when you are certain, you can act as if, you have the inner fortitude to do what your soul is guiding you to do)

Courage leads to action (when you have inner fortitude you have the willingness to take the first small step)

Action leads to ability (you don't know if you can do something until you try. By taking action you start to increase your ability to do this thing)

Ability leads to competence (once you find you are able to do something, you repeat this enough times that you become competent at it)

Competence leads to accomplishment (your small actions have lead you to being proficient and all tasks are easier and faster to accomplish)

Accomplishment leads to attainment (as you accomplish each task, getting more competent at each one, you attain your goal)