

Overcoming Fear

Toolbox Teleclass Transcription

By Debra Russell



Professional Program

**Track 2: Believe & Receive: Confidence,
Perseverance, Courage & The Law of
Attraction**



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INTRO – THE NATURE OF FEAR

Welcome to the Toolbox Teleclass: Overcoming Fear. It is October of 2011, so I'm going to jump right in. Now the first 2/3 of this class is going to be lecture.

At the end, I'm going to be leading you through a hypnotic guided meditation and what I would recommend is that you not listen to that while you're driving, because it would be dangerous, and you know. So if you downloaded this, make sure you're in a quiet place when you listen to that section, and in fact, I recommend that you not necessarily lie down, but be in a place where your head and neck are well supported, so you know, reclining chair that kind of thing.

FEAR IS UNIVERSAL

Okay, so first I want to start with the nature of fear. So this class is about overcoming fear, and I find that whenever you have an obstacle, the more you know about the obstacle, the easier it is to figure out the best way to get around it. So let's talk about the nature of fear. So fear is universal.

FEAR EXISTS IN ALL HIGHER ANIMALS – IF YOU'VE EVER SEEN A HORSE SHY OR A CAT HIDE YOU HAVE NO DOUBT THAT THEY FEEL FEAR

It exists in all higher animals. If you ever seen a horse shy or a cat hide, if you've ever been around a Chihuahua pretty much anytime as they quake, you can have no doubt that they feel fear, and fear has a place in our evolution and I'm going to get to that in a minute.

WE HUMANS HAVE TAKEN FEAR TO A WHOLE NEW LEVEL (AS WE TEND TO DO WITH MOST THINGS)

So we humans have taken fear to a whole new level, because well, for the most part animals feel fear in a survival mode.

We as humans very often interpret our situations as survival life and death situations when they are in fact not. You know, if your fearing that your boss will disapprove of you, you're not going to die if he does unless, you know, he's a mob boss. Right?

WE CREATE WHOLE UNIVERSES OF MEANING AROUND FEAR – BUT WHAT IS IT REALLY?

So for the most part that's not really -- it's not really a life or death situation, but very often we react the same, and I'm going to talk about why that is in a minute.



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So, you know, we create a whole universe of meaning around fear, but what is it really? So let's define fear. Fear has an emotional physiological and mental component in response to stimulus. Okay?

DEFINING FEAR

IT IS AN EMOTIONAL, PHYSIOLOGICAL AND MENTAL RESPONSE TO STIMULI

So there's a stimulus and you respond to it from an emotional, physiological, and mental place. Now this has an evolutionary reason behind it.

Back you know, a hundred thousand years ago or even longer if you go back into the DNA of it, you know, there was a moment when walking down the path, you know, two people walking down the path and a bush rustled, and the first guy reacted complacently, saying, "Ah, it's just the wind," and the other guy reacted with fear and ran away.

And the guy who ran away lived to have babies. Lived to procreate, and so we have created, you know, all of this connection to it. So what happened through the evolutionary process is that that emotion became hardwired.

And what I mean by that is when you felt the emotion, it triggers, and when you feel the emotion of fear, it triggers all kinds of physiological effects. You release nor-epinephrine and adrenaline.

It goes into your blood stream and causes your adrenal glands to put out particular hormones, cortisol, other hormones. It shuts down your digestive tract and sends more blood flow out into your muscles, so that you can run away from that thing you are fearing.

So it tends to shut down your digestive system. It affects your heart rate. It affects your breath. It affects the dilation of your sweat glands. I mean, it just affects your entire system, and this is not a thought response.

You don't think, "Oh I'm afraid of that. I better get my heart beating faster." You feel afraid, and immediately, your heart starts beating faster. So there's a physiological component. Now however, fear is just an emotion.

WHAT DOES FEAR LOOK/FEEL LIKE?

It's not necessarily real. It is a response to stimulus, and even more than that, it is a response to your belief or the meaning you've applied to that stimulus. So what does fear look like and feel like?



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Physical

Physically as I said, your heart starts beating faster. You might get a particular sensation in the pit of your stomach. Your breath is going to come faster. Your vocal pitch will increase. It becomes more difficult to sing when you're feeling fear because of the constriction in your vocal cords.

Emotional

Emotionally, you feel anxious. You feel uncertain. You feel fearful, you know. It's scary. You don't know what's going to happen, and it very often will stimulate a particular set of thoughts that you've developed over time.

Mental

And which thoughts they are are somewhat individual, but very often, there's some typical ones, and I'll talk about that in a minute, but here's the question: which comes first, the physical, emotional or mental?

CHICKEN OR EGG? WHICH COMES FIRST PHYSICAL OR EMOTIONAL OR MENTAL?

I believe the mental creates the emotional which stimulates the physical and depending on your nature

And I believe, and this is kind of what is talked about in the cognitive behavioral therapy model, I believe that your beliefs or thoughts creates the emotion, which then stimulates the physical, and depending on your nature, that what you're aware of may be different.

The exception to that is when you are "hijacked"

But before that there is one exception to this, and that's when you are hijacked. That's a term from the book *Emotional Intelligence* by Daniel Goleman.

This is when you have a reflexive fear response – which short circuits intellectual mind – see Emotional Intelligence, Appendix C, by Daniel Goleman for a full explanation of this.

He talks about it in physiological detail in appendix C exactly what happens when you're hijacked, but the short answer to that is when you've had a significantly traumatic experience, especially if that traumatic experience happened while you're under the age of 7, your body, your brain creates a...like a short circuit that completely bypasses your conscious decision-making mind to trigger the fear response, and that is also a survival technique. Right? Because if you have to think about whether there's a lion out in that bush, rather than just running away, then that lion's got time to find out that you're walking towards it and pounce.



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So we have evolved a kind of a short cut, so that when something happens that triggers this response, you immediately go fight or flight. You just immediately, without thought, go into the full pledged fear response.

I mean think about your startle reaction like if someone startles you and you jump and you, "Ah!" That's not--you're not thinking, "Oh I hear a noise I wonder what that is?" It's instant, and that's what it is...this hijacked thing.

Now hijack aside from most of the time when you feel fear, you personally may be more aware of the emotional experience or you may be more aware of the physical experience.

You may be more aware of the emotional experience

So you may be more aware of feeling fear emotionally, and whatever happens to you emotionally when that happens, you may be more aware of its physical experience, right?

Or you may be more aware of the physical experience.

I become very aware of that particular sensation in my belly when I'm feeling fear. And you know...and the beating of my heart. That for me, I feel the physical first.

Some people are more aware of the thought patterns, and I mentioned this earlier that you have a physiological, emotional or mental response to these stimuli.

You may be more aware of the thought patterns

The thought patterns go...and everybody is a little bit different, but the thought patterns go something like:

What if?

"What if this happens? What if that happens? But what if the other thing happens?" and "Oh my God! What will I do if that happens?" So it's the "what ifs."

Woulda, shoulda, coulda

Your thought pattern might be the "woulda, coulda, shoulda." "Boy I should have checked my oil before I went on this long trip. I'm really scared. My car is going to break down."

Yeah, but

Or your thought patterns might be the "yeah buts." Now "yeah buts" are basically considerations. They're like, "Well yeah, but my husband will be really mad at me if I take



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this leap or take this risk" or "Yeah, but I'm not that good at those kinds of things" or "Yeah, but you know...whatever your considerations are"

"Yeah, but if I do that then I'm not getting enough sleep and I'll get sick" or whatever it is for you. So very often it's in the "what ifs" category, in the "woulda, shoulda, coulda" category, or in the "yeah buts" category.

Notice what you think about fear – is it physical, mental or emotional for you? That will tell you which you are more conscious of – this is helpful information

Notice what you think about fear. What you notice when you're feeling fearful. Is it a physical response, a mental response or an emotional response for you? That's going to tell you which you're more conscious of. You are actually having all three. You just may not be conscious of them.

And this can be helpful information, because the more you know about your response and reaction to things, the more power you have, right?

HOW DOES FEAR DISGUISE ITSELF?

Also notice for yourself how your fear, if it does, disguises itself, because very often we will have thought patterns motivated by fear, but they seem really logical.

"Well you know, I'm not going to call that venue. They'll probably just reject me." That's fear, but you covered it over with a thought pattern, which is an assumption that you'll be rejected.

With an assumption, you already know the outcomes, rather than be willing to just make the call and see what happens. Okay. That's definitely a fear response, but what you're aware of is the logic, the justification for why it's right to have that fear.

So the more you know about A) how to respond to fear, and B) the ways that your kind of hiding from yourself, that you're actually feeling fearful, the more again, the more choice and power you have about it, because you don't have to react that way.

As soon as you become conscious of fear, you begin to have choice. As long as you are unconscious that the response you're having is actually due to fear, then you are in reaction.

As soon as you know what's going on, then you can choose response, instead of react. And sometimes, especially as you're practicing these skills, you will react first and then back pedal.



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You will react to the thought of making that phone call with, "Oh God I can't do that. Oh wait, that's a fear response. Hmmm, let me think about this." So once you've noticed that what you're having is a fear response, then you have some options.

So what are our options? So before I get into that, I want to talk a little bit about definitions of fear and definition of courage, because I think that people get a little confused about this.

WHAT ARE OUR OPTIONS?

DEFINITIONS OF FEAR; DEFINITION OF COURAGE

COMMON DEFINITIONS:

Fear is something to be avoided at all cost

We're also going to have just a little bit of fun with this. So common definitions of fear are that fear is something to be avoided at all costs. Just don't do anything that causes fear, just avoid it.

Fear is not something you have choice about

Another common definition is fear is not something you have choice about. If you're someone who finds yourself in fear a lot, you may think you don't have choice about it. I'm here to tell you that you do.

Fear is real – you really are in danger

Another one is that fear is real. That you really actually are in danger. And you know what? The truth is sometimes you are and sometimes you aren't, right? We're going to talk a little more about that in a bit.

Fear is crippling

Fear is crippling. It doesn't have to be. Some people are hugely motivated by fear, and we'll talk about it a bit more in a minute as well.

Fear is negative

And fear is negative. Now, in Emotional Intelligence I believe it was, I talked about the definition of emotions as positive or negative, because I don't think that our emotions are either good or bad.

And when we say a positive emotion or a negative emotion, that's usually what we mean. Positive is a good emotion. Negative is a bad emotion, but really negative is



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more that it's uncomfortable, except that I've worked with clients for whom the positive emotions can also be uncomfortable when they're strong.

What I mean when I say positive or negative is like a charge. It's either unattractive or a coming towards emotion or a move away from or negative emotion. So negative emotion...like if you're a magnet and you're on the negative side of a magnet, its pushing the positive away. It's pushing away from something.

And if you're on the positive side of the magnet, it's attracting to, okay? So when I talk about negative emotions what I mean is move away from. This is an emotion that tells you to move away, right?

ALTERNATE DEFINITIONS

So fear is definitely a negative emotion. Move away from that thing. Pain, sadness, anger very often a moving away from impulse, right?

So fear is negative, but fear is not bad. Fear is critically important information just as all emotions are.

Some fun alternatives:

By the way, I posted this next thing up as one of the resources. There's some fun alternative definitions of fear. They go something like this:

Face Everything And Recover;

False Emotion Appearing Real; these are all acronyms of course.

False Evidence Appearing Real; one that I hear a lot.

False Expectation About Reality; like that, you know, that rejection that you're expecting.

Federal Employee Anti-Discrimination and Retaliation Act of 2002; I thought that one was an interesting acronym for fear.

Finding Excuses And Reasons;

First Encounter Assault Recon; is a common gaming acronym for fear.

Flexible Embodied Animat Architecture; oh my goodness, and this is a language independent open source project for the creation of portable artificial intelligence.

Fear: For Everything A Reason;

Forfeiture Endangers American Rights;

Fuck Everything and Run; one of my favorites

Future Events Appear Real;

Failure Expected And Received;

Feelings Expressed Allows Relief; Oh that one's nice.

Fighting Ego Against Reality; and



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Frantic Effort to Appear Real.

So there's some alternatives definitions of F.E.A.R.

COURAGE IS THE CHOICE TO DO IT ANYWAY. IF YOU'RE NOT AFRAID, IT'S NOT COURAGE. IF YOU HAVE EVER DONE ANYTHING THAT YOU WERE AFRAID OF – YOU HAVE COURAGE.

Let's talk about the definition of courage. Courage is the choice to do it anyway. If you're not actually afraid, it doesn't qualify as courage. And if you have ever done anything that you're afraid of, you have courage.

Fear is an emotion. Courage is a skill. We develop courage over time. Just with all skills, the more you practice it the better you get at it.

When you have chosen not to face the fear (acted cowardly), that does not mean you don't have courage – it only means that you made that choice that time

And when you have chosen not to face the fear, in other words you acted cowardly, that doesn't mean you don't have courage.

It only means that you made that choice, that day, that time. And I have to say sometimes it's the appropriate response. See that's the whole point. You have choice. You can choose to move towards the fear. You can choose to move away from the fear. As long as that choice is conscious and intentional, it is a response.

Where we get into trouble is when fear is the only reaction. When running away, hiding, avoiding is the -- or fighting even is the reaction rather than a thought out choice. Don't allow the past to define your present.

Do not allow the past to define the present – you have the opportunity TODAY to live your life how you want it to be.

If you've chosen to avoid in the past, you can choose differently today. If you've chosen to fight or flight in the past, you can choose differently today. You have the opportunity today to live your life how you want it to be.

Each moment is a new opportunity to make a different choice.

Each moment is a new opportunity to make a different choice. And I'm not saying there's only one choice. I'm not saying you are either a coward or you're courageous.



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There are as many multitudinous choices, I don't even know if that's a word, but there is as many choices as there are stars in the sky.

As there are shades of color in the rainbow. It's not black or white. In fact, by the way, that's also a common fear-induced thinking that you only have one choice or 2 choices. You have many billions of choices. You've just eliminated them all because they frightened you, okay?

It's like rolling dice (unless the dice are weighted), each roll is a new roll and past rolls do not change the probability of this roll.

See each moment as a new opportunity to make a different choice. It's like rolling dice unless the dice are weighted. Each roll is a new roll and past rolls do not change the probability of this roll.

So this is a--you know, a statistical analysis when you roll dice, they will just as likely land on a 1 as a 6. It just-- if you rolled a 6 last time, you have just as much chance, a 1 in 6 chance, of rolling a 6 this time, because every time you roll the dice is a new chance.

So every time you're confronted by a fear response, it's a new opportunity to make a different choice.

WE CAN ALLOW FEAR TO CONTROL US - MAKE OUR DECISIONS BASED ON FEAR – BELIEVING IT'S REAL, JUSTIFIED AND ACT ACCORDINGLY

We can allow fear to control us. We can make our decisions based on fear, believing that those choices are real and justified, and that that fear is real and justified and act accordingly.

DOWNSIDE IS THIS CAN KEEP YOU LOCKED INSIDE YOUR "SAFE" REALITY

See the downside of that is that it can keep you locked inside your safe reality, and please imagine air quotes around that word "safe," because very often that fear is actually keeping you locked inside an amazingly unsafe reality, but because it's familiar, you think it's safe.

IT CAN KEEP YOU LOCKED INSIDE AN AMAZINGLY UNSAFE REALITY – THE DEVIL YOU KNOW

Because you've survived it up until now, you think it's safer than confronting the fear. It's this exact human response, thinking that if you've survived this situation before, you can and will survive it again, you don't know what's going to happen if you face that fear.



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You might not survive that. That's really human, but it is that exact response that keeps people locked in abusive relationships. It's that exact response that causes very often criminals to return back into crime or return back to addiction, because it's the devil you know.

IT SEVERELY LIMITS YOUR ABILITY TO GROW

It severely limits your ability to grow as a person and to pursue and achieve your goals and your dreams, which is why I'm doing this class, because as you all know, my whole purpose is for you to achieve your dreams. That's why I'm here.

WE CAN DENY FEAR – I'M NOT AFRAID, I'M JUST GOING TO MOVE FORWARD

Okay, so we're talking about our options, right? We can allow fear to control us, that was our first option. We can deny fear, "I'm not afraid, I'm just going to move forward." Now this actually can get you moving, and this can be a strategy that allows you to get some results.

WHILE THIS CAN PUSH YOU INTO ACTION, IT TAKES A TREMENDOUS AMOUNT OF ENERGY AND IS DIFFICULT TO MAINTAIN, SO YOU STOP AND START A LOT

And you may be employing this strategy on a pretty regular basis whether you're conscious of it or not. While this can push you into action, it takes a tremendous amount of energy, and it's difficult to maintain.

So you may find if this is your strategy that you are stopping and starting a lot, and you may find yourself surprised at how exhausted you are when doing a particular set of things.

If in fact you notice that you're really tired and more tired than you think you should be, ask yourself: are you pushing through fear in order to be able to do that, because pushing through fear, in other words not looking at it, not confronting it, not dealing with it, just pushing past it to take the action you're afraid of taking, takes a tremendous amount of energy.

EACH TIME YOU START, YOU BATTLE MORE THAN INERTIA – YOU BATTLE YOUR OWN INVESTMENT IN STAYING SAFE.

And each time you start to do that, you're going to be battling more than just inertia, the getting moving from the standing position. You're actually battling your own investment in staying safe.



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You're battling your unconscious mind that is screaming at you, "You're in danger! You're in danger! You're in danger!" And you have to kind of shut that out and that takes a lot of mental and physical energy.

So if, for example, making booking calls you find yourself just exhausted at the end of it, it may be because you are pushing through the fear, rather than using a strategy that allows you to dissolve the fear.

WE CAN REDEFINE FEAR

And we're going to talk about a couple of strategies now in doing that. So one of the ways is to re-define fear. See, I'm not recommending that you dissolve fear because it's bad. I don't think that any emotions are bad.

I think they're information, and what I've discovered in years and years of dealing with my own emotional intelligence and developing those skills, as well as the last 10 years working with clients on this issue, is that when you look at an emotion and figure out where it's coming from, what's the message or the information that it's trying to give you, usually that emotion disappears.

I would say the one exception to that that I've found is mourning. When you are mourning the loss of something or someone that was hugely important to you, I actually find that looking at it, generally, it just takes time.

There's not really information there except that, you know, you've lost something and that's sad. But when it comes to other kinds of sadness and anger and fear and frustration and joy and whatever the emotions are, when you really kind of look at it and get what the message is, generally those emotions just dissipate.

The other exception to that rule is if you're doing it in order to manipulate your own emotions. Don't manipulate your emotions. Be thankful for them. They're there to give you information. Get the information.

DECONSTRUCT THE FEAR

Really understand what you're afraid of and then decide how much of that fear is legitimate

So we can redefine the fear. One of the things you can do is deconstruct the fear. Really understand what it is you're afraid of and decide how much of that fear is legitimate.



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Run down all the “what if’s” to their ultimate outcome – how scary is that, really?

In other words, run down all the “what ifs,” “the woulda, shoulda, couldas.” Run down all of the “yeah buts” to their ultimate outcome. How scary is that really? Deconstruct it, okay?

Notice what the underlying belief is and...

Notice what the underlying belief is, and then shift your belief about the circumstances, and again, I cover this in a lot more details in the [*Transform Your Belief the Key to Success*](#), so I'm not going to go into that here because we just don't have time.

SHIFT YOUR BELIEF ABOUT THE CIRCUMSTANCE AND WHAT IT “MEANS”

Because I still have a lot of more material to get through, but you know, transition that belief to something you can believe, you do believe, and that has you feel differently about the circumstance.

Review the “Building Your Belief Muscle” class

4 QUESTIONS FROM BYRON KATIE

Another really useful thing to do is to use the 4 questions from Byron Katie. Now Byron Katie is this amazing woman, and she's got a lot of great books out there. Most of those books are based on these 4 questions.

And what you do is for whatever it is you're afraid of, whatever the “what if” is, whatever the fear is, whatever the issue is, ask yourself these 4 questions, and do some writing about each question before you move on to the next one.

Is it true?

The first question is: is it true? Now this is going to--I'm expecting that you would have done some digging and gotten really down to the crux belief in the matter. So, for example, if my boss is unsatisfied, I will die. That's the level of belief I'm looking for.

Not if my boss is unsatisfied with my work he'll be upset with me or he'll yell at me or whatever. But the underlying, illogical belief that's running this show. If I'm not successful, no one will love me. It's those kinds of belief that almost always underlie issues and fears. So is it true?

How can you ABSOLUTELY know that it's true?

The second question is: how can you absolutely know for certain it's true? Absolutely know. How can you absolutely know that it's true?



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How do you react – what happens – when you believe that it's true?

The third question is: how do you react? What happens when you believe that it's true? How does it affect your behavior?

How does it affect your choices? How does it affect your language? How does it affect your body? How does it affect you? How do you react, not respond, but react when you believe that it's true?

Who would you be without that thought?

And the fourth question is: who would you be without that thought? Now I want you to notice that the question is not: who would you be if you didn't believe that was true? The question is: who would you be without that thought? If that thought never existed, who would you be? Okay?

WE CAN EMBRACE FEAR

So those are the 4 questions. So we can redefine the fear. We can embrace the fear. When I was 19 years old, actually I had just turned 20 a week, 10 days after my 20th birthday.

WHEN I WAS 19, I WAS HIT BY A VAN GOING 45 MPH, I SHOULD HAVE BEEN KILLED.

I was walking to work because I'd had a minor car accident, and I was hit by a van going 45 miles per hour. And the truth is I should have been killed. I was walking across the street and hit head on by a van going 45 miles an hour when I was 20.

And as a result of getting hit by a van going 45 miles an hour when I was 20, I had a lot of time to think about things. 2 years in fact, during which time my leg was broken, and I had surgeries, and blah, blah, blah.

In processing that experience at some point along that journey, I decided, "You know what? I should have been killed. There must be a reason why I'm still here." And up until that point I'd done a lot of things to avoid feeling.

I DECIDED, IF I'M AFRAID OF DOING SOMETHING, THAT'S WHAT I'M SUPPOSED TO BE DOING AND I'VE LIVED MUCH OF MY LIFE THAT WAY

And I don't just mean feeling fear, I mean feeling anything at all. I'd done a lot of things to avoid feeling. I decided, "You know what, I'm alive. Feelings are part of being alive, including fear. If I'm afraid of doing something that's what I should be doing. That's what I'm supposed to be doing. That's the direction, that's the path I want to walk down."

And I have lived much of my life that way. Now I'm not talking about jumping out of a plane, because honey, you could not pay me enough to jump out of a plane.



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I'm not talking about adrenaline rush, risky behavior. I'm talking about when I look at an opportunity, when I look at a risk in an interaction or relationship, I've chosen to walk towards the fear, not run the other direction.

DOESN'T MEAN I DON'T FEEL FEAR, GET STOPPED BY FEAR OR STRUGGLE WITH FEAR – BUT WHEN I BECOME AWARE OF IT – I CHOOSE TO GO TOWARD FEAR.

Now I promise you that doesn't mean I don't feel fear. It also doesn't mean that I don't get stopped by fear or struggle with fear. I do all the time, but when I become conscious that what I'm doing is being driven by fear, when I'm able to look at it and examine it and discover the risk that I'm avoiding taking or the chance that I'm passing by or the opportunity, I choose to go towards it, and that has lead me to some very interesting experiences, and quite frankly, I would not be leading this class for you now if I had not made those choices.

READ FEARING PARIS BY MARSHA TRUMAN COOPER

I want to read you a poem written by a woman named Marsha Truman Cooper, and I want to, in this class, actually thank her. She gave me permission to reprint this poem, and I've created---excuse me, a link to it from this class.

This poem is called Fearing Paris:

Suppose that what you fear
Could be trapped
And held in Paris.
Then you would have
The courage to go
Everywhere in the world.
All the directions of the compass
Open to you,
Except the degrees east or west
Of true north
That lead to Paris.
Still, you wouldn't dare
Put your toes
Smack dab on the city limit line.
You're not really willing
To stand on a mountainside,
Miles away,
And watch the Paris lights
Come up at night.



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Just to be on the safe side
You decide to stay completely
Out of France.
But then the danger
Seems too close
Even to those boundaries,
And you feel
The timid part of you
Covering the whole globe again.
You need the kind of friend
Who learns your secret and says,
“See Paris First.”

TOOLS

CHOICE

We can embrace the fear. So let me give you some tools on how to manage the emotional component of this, as you step in and embrace fear and choose the courageous life.

First choice is choice. The first tool, I'm sorry, is choice. You have a choice about how you respond to fear in each moment, in each day.

YOU HAVE A CHOICE ABOUT HOW YOU RESPOND TO FEAR – IN EACH MOMENT AND EACH DAY.

YOU CAN EXPERIMENT WITH DIFFERENT RESPONSES TO FEAR
You can experiment with different responses to fear.

YOU CAN NOTICE YOURSELF “REACTING” AND CHOOSE TO “RESPOND” INSTEAD

OWN YOUR “RESPONSE-ABILITY” – IT IS IN YOUR POWER

You can play with it. You can notice yourself reacting and choose to respond instead. You can step closer to that thing you fear. You can step away from it. You can play with it. You can color it green. You can own your response-ability. It is in your power.



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BREATHE

FEAR IS EXCITEMENT WITHOUT BREATH – FRITZ PEARL

The second tool is breath. Fritz Pearl said, "Fear is excitement without breath." Notice the fear and breathe all the way down into the base of your spine. Expand through the tightness in your belly.

Allow the breath to transform the emotion from fear or moving away from to excitement and moving towards.

ASK FOR SUPPORT

YOU ARE NEVER ALONE – USE THE YAHOO GROUP AND ASK FOR SUPPORT

You can ask for support. You are never alone. You can use the [Artists Marketing and Business Academy](#) group membership, and ask for support.

BRING YOUR FEAR TO AN ASK COACH DEBRA CALL, OR IF YOU'RE IN THE MULTIPLE STREAMS OR MULTIPLE STREAMS WORK GROUP – YOU CAN SUBMIT IT FOR EMAIL OR LASER COACHING

You can bring your fear to the Ask Coach Debra call and ask for coaching or if you're in the [Multiple Streams or Multiple Streams Work Group](#), you can submit that for email or laser coaching.

That may sound funny to you like how can I actually help you through an email manage your fear? Just today, a client sent me an email about something she was upset about and feeling fearful around, and I coached her through it via email. So you can submit it for email or laser coaching if that's the level you're in.

ASK YOUR FAMILY AND FRIENDS FOR SUPPORT

You can ask your family and friends for support. You can get cognitive behavioral therapy. Honestly the only therapy I really recommend, but it's great for this kind of thing. You can work with me in a personal breakthrough session and do some NLP and hypnosis around the issue.

FIND SOMEONE WHO FEARS THE SAME THING AND SUPPORT EACH OTHER

You could find someone who fears the same thing and support each other moving towards it. Holding hands as you both move towards that fear.



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FOCUSING – THIS METHOD IS PARTICULARLY HELPFUL WHEN THE FEAR IS A PHYSICAL MANIFESTATION THAT YOU HAVE TROUBLE THINKING PAST.

In some of the other classes I believe I talked about it in [Transforming Your Inner Critic](#), I'm sorry, [Transforming Your Beliefs](#), there are couple of classes in which I talked about focusing as a method.

And there's a book, there's a link to the book in the...on this post called *The Power of Focusing*. Focusing as a method for dealing with fear is particularly helpful when for you the fear is a physical manifestation that you have trouble thinking past, because using focusing, you can kind of drop down into the physical sensation and find out what it's trying to tell you.

WHERE IS THE FEAR LIVING IN YOUR BODY?

WHAT IS HIS/HER NAME?

WHAT DOES SHE NEED?

By finding where is the fear living in your body, asking what its name is, asking what does she, he or it need, and in that visualization, imagine yourself giving her whatever it is she wants or needs or he wants or needs.

Sometimes that physical sensation just wants to be held, so you can actually imagine wrapping your arms around it and holding it, and that can help. But whenever you--once you've gotten kind of through that, always ask for the information, because it's there to give you information.

And that information may or may not make actual sense. Trust it. It's there to give you information. Listen to what the information is. Doesn't have to be right, real or true, but you have to hear it, because that's what it's trying to give you.

EMOTIONAL ELIMINATOR

Now this next piece is the piece I promised you, which is a process that will allow you to unhook emotions. Now what happens very often is when we have an experience when we're young or in the past, whenever we have an experience in the present that somehow reminds us, looks, smells, feels similar in some way, we will get triggered by it.

And by triggered I'm actually referring to what I talked about earlier, which is that hijacked thing where you go immediately into reaction without any kind of opportunity



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to think or choose about it. Mostly that kind of response is not based in the present moment. It's based in the past.

And so what this process will allow you to do is unhook the past so that you can respond appropriately to your situations in the present. It doesn't mean you will never feel this emotion again.

It just means that it will be appropriate to what's currently going on, instead of a memory of what's past. Now you can use this process for any emotion. I actually recommend the first time you go through it that you do anger first, then sadness, and then fear.

I just find that that tends to work better, so feel free obviously to download and listen to this process over and over again. Because I'm not doing this with you personally live and able to work at your pace, you may find yourself needing to pause at certain places if I'm going faster than you're really ready to go.

And you may need to find yourself needing to run the process more than once to really get to the bottom of it, but I'm going to do the best I can to give you the process so that you can work with it on your own. So get into a relaxed position. Sit so that your head is fully supported, your feet and your hands and your fingers are uncrossed, and in an open posture.

Is it alright with your unconscious mind to release this negative emotion today? And for you to have conscious awareness of it. Go ahead and ask your unconscious mind permission to release this negative emotion today, and for you to have conscious awareness of it. Be reassured, unconscious mind, that this will in no way cause you to be unable to protect yourself.

This will enable you to protect yourself more effectively and efficiently because you'll be able to be in the current reality. And also be assured that I cannot make you let go of anything you're not ready to let go of.

I don't have that power. Only you have the power to choose, and I'm asking for you to choose now to release this negative emotion today, and for you to allow yourself to have conscious awareness of it.

If the answer that you receive from your unconscious mind is, "Yes," proceed with this process. If it is "No," you want to stay in the conversation with your unconscious mind, and find out what he or she really needs in order to be willing to go forward.



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So moving forward, go ahead and close your eyes if they are not yet closed. Feel the relaxation as you inhale and exhale. Go ahead and get in touch with that emotion lighted up in your neurology.

Imagine that that emotion, all of the places its sparking in your neurons, are lit up a bit like those Paris lights. And I'd like you to go on in a journey of consciousness. Trace it back. Trace it back. Allow your unconscious to be the guide as you go back to the very first event.

The first time it was ever an issue for you. You may find that event in your childhood, but you may have to go back further. It may be while you were in the womb. You may trace it back through your ancestry.

You may trace it back through past lifetimes, and you may not know consciously the content of that event, but that doesn't matter. What does matter is that you trust your unconscious to take you right back...all the way back, back, back to the very first event of that negative emotion, which when you disconnect it there will cause it to disappear for you forever as an issue in your life.

Going back even further until you find the very first event. And then find yourself in a place of safety even before that event. Before the very first event or any events that lead to it. So go back beyond that first event to a place of safety.

And as you're there in the place of safety now, before the very first event, it's time to rise above it. Keeping your spirit high, rise all the way up, up, floating up, like it's you floating on a magic carpet rising up above the stream of time.

You're looking down on the stream of time, and you can see it stretching out in front of you and behind you. And look! All the way down there in front of you, you can see that event as you rise up, up in the air, even higher up to the heavens, even higher than that.

Rise right up above the stream of time. Keeping your spirit high and find yourself in the learning position directly above that event. Now notice that the event looks so tiny and insignificant all the way down below you.

Now as you're in the learning position now, it's time to preserve the learnings. What are the positive learnings for yourself and for the future, which when you preserve those learnings now will allow you to release the emotion easily and effortlessly.



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Allow those learnings to rise up to you as you float high above that event in the learning position now. Allow those learnings floating up like little soap bubbles, and as each one floats up, floats up just to eye level, and pops so you can see what that learning is.

And oh, look! There's another learning. What is that learning? And oh, over there! There's another learning just floating up, high up, as you're floating high above the event, keeping your spirit high, knowing that that event is down far below you.

Allow the learnings. Look another positive learning floating up. Another positive learning for yourself and for the future. Notice another positive learning. Oh, and over there another positive learning.

Allow those learnings to come to you now. Those learnings which will allow this whole set of circumstances to serve a far grander purpose in your life. This is the purpose it was always meant to serve.

Yet another positive learning. And now as you've gotten all the positive learnings from this experience. Good. I want you to take those positive learnings for yourself and the future, and I want you to catalog them at the unconscious level in that special place that you reserve for all such learnings, in such a way that they can change the future for you in a powerful and positive way.

And as you catalog those learnings, is there any more learnings? Allow them to float up, and catalog those learnings too in that special place.

And now, if those learnings had a color, what color would they be? Excellent. I want you to take that color and imagine it filling up your entire body. Saturating every cell of your body from the tips of your toes to the tips of your fingers to the top of your head, completely informing all of your body.

And imagine if those learnings made a sound, what sound would they make? And now imagine that sound emanating from the very core of your body, encapsulating you in the sound and the color of those learnings

So you right up with all of those learnings...And now, I want you to move right back into the release position in relation to this event, so that you are at least one hour before this event ever occurred. Remember that place of safety? Or any of the events that lead to this event, and you're still way high up in the air, keeping your spirit high, seeing the stream of time way down below you, stretching in front of you and behind.



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But you are at least an hour before that event or any event leading up to it, and you're looking down on the event now in the release position, so far down below you and in front of you.

And as you're looking down on the event now, in the release position, the question is where did the emotion go? Did it disappear? That's right. It did. Very good.

Hear the voices deep within congratulating you on having the mindset of a champion. So now let's test. I want you to float right down inside the event, so that you're inside the event looking through your own eyes, hearing the sounds around you, feeling the feelings of being right there inside the event and just notice.

Is the emotion there or has it disappeared now? That's right. It did. Now rise back up into the air into the release position and take the color and sound of the learnings and splash them forward along the whole stream of time.

Saturating the stream of time and the sound and the color of the learnings. And coming forward all the way back into now, but only as quickly as you can release all of that emotion in the stream of time.

As you're splashing the color, notice that you are replacing the emotion with the color and the sound of those learnings such that they're changing your behavior without even your conscious thought.

Coming forward, splashing the color, splashing the sounds. Coming forward, replacing the emotion with the sounds and the color of the learning. Coming forward floating back into your body, now in this chair. And now open your eyes and notice that you're awake and alert.

And now I want you to stop and think of an event upon which you used to feel that old negative emotion. Just notice as you think of that event. Notice. Is the emotion there or is it flat now?

Hmmm, now think of another event upon which you used to feel that old negative emotion, and again notice. Is the emotion there or is it flat now? Good. And now I want you to step out to some indefinite time in the future, wherein the past you might have felt that old emotion in an unwarranted or unnecessary place.

And just notice what happens for you now. Is it different now? Notice, are you making different choices as a result? And think of another specific situation in the future in which you might have felt that old emotion in an unwarranted and unnecessary way.



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And in that specific future, notice. What happens for you now? Are you responding in a different way? Just notice. Excellent. So take note. I would jot down any learnings that floated up for you in this process, and again if you feel like you weren't quite able to release all of the emotions, go ahead and run the process again.

What I found happens is sometimes, we don't go far enough back. We think we know where the emotion is coming from. We think we know the experience that created it, but actually there's a much older experience, and so allow your unconscious mind to guide you and trust that whatever comes up is right. Alright? So go out, be courageous, practice these new skills, and pursue your dreams with all of your heart and all of your spirit and all of your might.

Have a wonderful night!