Eliminating Fear from Your Life

The question is; can you eliminate fear from your life?

- Would having control eliminate fear from your life?
- Would having more stuff eliminate the fear of not having enough?
- Would having fame eliminate the fear of not being good enough?
- Would having more money eliminate the fear of not having enough?
- Would having success eliminate the fear of not being good enough?

I am sorry to say “No” on all counts because if you get all the money you want, then you may begin to fear losing it. If you get all the stuff you want, then you may begin to fear losing your stuff. If you achieve all the success you want, then you may begin to fear losing your success. If you achieve all the fame you want, then you may begin to fear losing your fame. If you achieve total control, then you may begin to fear losing control. You cannot eliminate fear because it is innate within us and primal in nature, so it is with us for the long haul. However, with that said, you can certainly learn to manage your fear, and I can offer you an exercise to assist with just that.

In order to demonstrate how effective this exercise is, I would like you to place yourself in a state of fear for the next ten seconds. I would like you to think about something that you fear, which will put you into an emotional state of pain. This might be the loss of a loved one, a state of humiliation or embarrassment for something that you have done, or something that makes your heart race and creates anxiety in you. Let the anxiety and fear build so you truly feel emotional about it.

Now, at the end of the ten seconds, I would like you to replace that painful thought with someone or something that you are grateful for. Think about a person or a pet in your life, a circumstance or maybe a recent event about which you truly felt grateful. It needs to be authentic gratitude where you feel the emotion behind it.

What did you notice? It should have been like a light switch where your brain and body moved from a state of fear to a state of gratitude in an instant – the fear is gone! The brain does not have the capacity to hold fear and gratitude in the same space. It is either going to be one or the other, so if you wake up in the morning with a symptom of fear such as anger, panic, anxiety, jealousy, obsession, depression, pessimism, nervousness, apprehension, or perfectionism, take a moment to take a deep breath and think about something you are grateful for, and you may find temporary relief. I used the word “temporary” because in most cases you are alleviating the symptom, but not the problem. Once you are calmed down from the exercise, it will allow you to focus on what the “problem” is, so you can address that directly. In the exercise, you may also use the emotion of “love” in place of gratitude, which will do the same thing. Now that you are aware of the outcome, I would like you to repeat the exercise and pay closer attention to the switch-like action of the brain and how fast it changes from pain to pleasure.

Brad Worthley is an internationally acclaimed expert in customer service, leadership and motivation. He has written three books on those subjects and trained hundreds of thousands of people throughout the world. You can learn more about Brad or purchase his books and DVDs at www.BradWorthley.com