
15 Quick + Easy Steps To Overcoming Fear

1// Identify It

First things first, **figure out what the root of your fear is**. Do you actually fear making friends, or do you fear socializing? Look at the root of your fear, and narrow in on the actual action you are afraid to take. If you are afraid to go for a new job, is it the job security you fear losing, or is it that you fear no one will value you at a better job?

If you need help identifying what the actual fear is, ask someone close to you, or seek help with a professional. The longer you wait to figure it out, the longer you will sit in fear. **Fears often look bigger than they actually are.** When you take a look at the TRUE, singular, fear, it may seem a lot easier to overcome, than the bigger picture.

Example:

THOUGHT: I fear going after a better paying job.

TRUTH: You fear you can't make more money with your level of education.

TRUTH: You fear people won't take you seriously.

TRUTH: You fear leaving your current job, for the unknown.

TRUTH: You fear people won't take you seriously.

These self-defeating thoughts can stop you from going after something that is very much attainable. Instead of focusing on the bigger picture, and the thought that seems scary, you can focus on something much less intimidating.

You might just need help jazzing up your resume' with professional terms that make your strengths sound like rare assets. You might just need to take one more class, to qualify for a job that pays higher. You might just need a life coach to help you get out of your own way, to recognize your value, and go for what you desire!

2// Explore Your Emotions

Fear is not tangible. You can't actually touch it. Also, **nothing is going to happen to you, by just being afraid alone.** If you are afraid of something, accept it. It's okay! No, really. Don't try to avoid it, just embrace it. Whether you feel angry, or frustrated, or depressed because of what your fear won't allow you to do...GO AHEAD AND FEEL IT.

Cry if you have to! Punch a pillow. Sip some wine (non-alcoholics only). Whatever it is you are feeling, don't try to run away from it. Just work through it. If you are afraid of what someone will think of you. Okay, cry about it. Vent your anger to a friend. Burn them in your journal...WHATEVER.

Nothing is going to happen, but what you allow to happen. Legitimate fears that are a threat to your safety (like bungee jumping) are not included in this tip ☐. However, mental fears are quite alright. Like I said, nothing's going to happen for actually being afraid. So be afraid, and do it, anyway! Do it, while you feel it, and see where you end up.

3// Seek Support

Ask a friend or loved one to go through it with you. If you are afraid people will laugh at you for going to the gym, ask a friend to go with you, for emotional support. Find a local or online support group that you can share your emotions with. **Find a partner that is**

willing to hold your hand, if they have to, while you work through this. Even if you have to do it with help, chances are, once you've done it once, you will see it wasn't all that bad. This will give you the confidence to be able to do it again, on your own, or follow through. Look for positive support to cheer you on, along the way.

4// Start Challenging Your Story

So many of our fears come from the story we believe about ourselves. If we believe we are stupid, we will continue to think we can't do something, because we are too stupid to figure it out. 9 times out of 10, I guarantee there's somebody else out there, who thought the same thing, but did it anyway!

Maybe you fear opening your heart to a new person, because everyone always abuses it. If you believe that you are only capable of being with people who use and abuse you, this is what will continue to happen.

Things that have happened to you in the past, or things people have told you, does not have to be true today. Whatever you believe about yourself, will predict how you live your life. If you believe you are capable, you will rise to any occasion. So, start challenging the negative beliefs you have about yourself, and rise to the occasion, anyway!

5// Find Inspiring Examples

There's something about seeing other people do it, that is so inspiring. Look up other people who have accomplished what you have, to increase your confidence in your ability to do it, too! Find people who have had similar challenges, or worse, but overcame it, anyway.

When you see that other people, just like you, can do it, it makes it seem that much more attainable.

6// Vent

You can vent in a journal, or to your best friend. However you do it, don't keep it inside. This causes you to continue avoiding it. Getting it out, causes you to think about it. You want to start thinking about it, so that you can figure out what action steps you need to take, to start chipping away at this fear. Venting can also help you figure out the root cause, and the singular action, you are afraid to take. Often this is much more attainable, than the big mountainous fear you've built up in your head!

7// Be Your Own Best Friend

Imagine your best friend told you they were afraid of something. What would you tell them, to encourage them to overcome that fear? Now tell that to yourself. **We can be much harder on ourselves, than we are on other people.** Pretend you are talking to someone you love, and tell them what you think they should do about their fear. Now take a dose of your own medicine. Be kind to yourself. Don't beat yourself up over the fact that you have been stuck on this fear for a while. Encourage yourself, and start moving toward conquering your fears, today!

8// Educate Yourself

Read about your fear. A lot of people are afraid of the unknown. If we take the time to look into something, we might just find out that what we imagined, is nothing like REALITY. Perhaps taking a class because you are afraid to fail, has been holding you up for the last 10 years. Read about how you can help yourself, so that you can walk into the classroom with new knowledge that can help you pass it.

Perhaps you thought this job was totally out of your league. Look up what it takes to get the job, and you might just find that your only a revised resume away from getting the job, you refuse to apply for!

Maybe you want to be a doctor, but you don't think you can make it through medical school. Start looking into how other doctors, who had the same thought, made it through. Perhaps, knowing that they had to go to five different tutors for one class, will you give you hope that you can make it, too. Regardless of the work you have to do, knowing that you can still make it, just might be what you need to make it happen! Fear of failure alone, can stop you. **Don't let what you don't know, hold you back from WHAT COULD BE!**

9// Expose Yourself To It

In the military, there's this thing called exposure therapy. I wouldn't advise traumatizing yourself to the extreme, but for small actions steps, you truly can throw yourself right in the middle of it. Let's say you want to start a youtube channel, but are afraid nobody will view your videos. Make one anyway, put it out there, and see what happens. Do this every week, until you get used to not having any views. On the plus side, you will have gotten it over with. Okay, nobody watched it, so what? If people do watch it, you will get a boost of confidence to keep going. Either way, you did it. The more you do it, the less intimidating it gets. So, throw yourself in there! Keep doing it, little by little, so that you can see it isn't the end of the world. Once you realize that, the fear disappears...little by little...and finally all TOGETHER now.

10// Obsess over the END

Whatever it is you are afraid of, usually has some desired end results. Otherwise, you wouldn't be thinking about overcoming the fear, right? If you are afraid of spiders, and you live somewhere where you can't stop the spiders from showing up, you are going to have to overcome that fear, in order to live in peace right?

If you are afraid of bungee jumping (like me), but you know you will never desire to jump off a cliff, or out of an airplane, you don't need to worry about it.

So more than likely, the fear you wish to overcome, has some result that you would like to attain. That job you want, would be so nice to have. It will be nice to finally stop living paycheck to paycheck, or to live in that cute neighborhood you can't stop thinking about, everyday as you pass it on the way home. It would be nice to be married, or to leave that stressful job you have been stuck at for 15 years. **Well you can't get to that END, unless you start at the BEGINNING.** That starts with facing the fear. Then you have to start surrounding yourself with people, with knowledge, and with constant reminders about what it would be like to have what you want. This will often soothe the pain of the fear, as the reality of the dream becomes more and more real.

Example:

I dream of living in the cute little neighborhood of Decatur. It costs more than I make, right now, but the more I obsessed over living there, the more attainable it started to become. I started going to meetups with people who lived in the neighborhood, asking them what they did for a living (I know, a bit crazy...oh well). Then I started seeing what kind of job requires the kind of income that you need in order to live up there. Once I got that information, I started looking for jobs that can get me to where I want to be. I started working toward my business venture to become a entrepreneur, so that I can make enough money to live there! The more I thought about how wonderful it would be to live there, the less I thought about how afraid I was to go for the jobs, or to launch the kind of business that would earn me enough money to get there!

& that's what you have to do...become obsessed with the outcome. When you keep the end result in mind, you become more motivated to push through the little steps it might take to get the desired result! Why do you think people with vision boards, eventually get their vision?

11// Give Up Control

Control is an illusion we make up to feel safe. Guess what?...no matter how much we try to control something, what is going to happen, WILL HAPPEN ANYWAYS! Once you start accepting that you can fail, regardless of how much control you try to have over the situation, it is much easier to just do what YOU GOTTA DO!

There are people who did everything the “right” way. Society’s idea of success could be someone’s life, right now...but they still could fail by means of their own standards of living. People who have gone to Harvard may have done ‘everything right’ just to end up dropping out before graduation to start up their own company and live the dream they desired (Steve Jobs).

So don’t think that just because you followed a formula, or because you did what society defined as the “right thing”, that everything will turn out how you want it to. Failures happen in life. You can try and fail, and you can give up and fail. So instead of avoiding the attempt to try, why don’t you just accept that there’s a possibility things won’t go your way. Get up, dust yourself off, and move along in life! Stop getting in your own way by trying to control every little thing. Try and try again, until you get the results you want.

12// Accept What IS or Will BE

Wherever your life is right now...whether it’s where you want to be or not, ACCEPT IT. Crying over spilled milk, will not put the milk back in the cup. Whatever decisions you made in the past, to land you where you are, have already happened. You can’t go back in time to change them. All you can do now, is make a decision on what you will do, moving forward.

If you don't like your life, fix it. If you do, be happy. That's it. Accept your past, and change your future. Denying it, won't change it. So, accept it, and move forward.

13// Pray

For my spiritual folks out there (hey ya'll!), prayer can give you the strength you don't think you can muster, alone. Sometimes, steps you have to take, are bigger than yourself. Prayer is what you do, to ask for help. Give your desires to the Lord, or to the universe, in order to be guided. Focus and guidance will help you take the steps you need, in order to overcome those fears, you feel you cannot overcome alone.

14// Seek Professional Help

If your friends, your venting, your knowledge, prayer, and your mindset shift, ALL DON'T WORK...don't be afraid to seek professional help. A pastor, a counselor, a life coach, or a therapist can help you figure out what you can't figure out on your own. It's okay to ask for help. So many people go around in circles for years because they refuse to ask for help.

Asking for help is not a negative reflection on you. It does not mean you are weak or incapable. It just means you need different resources. While others may look to a book or a partner for help, you may need a mind analyst, or medicine to help. It's quite alright.

When I first discovered that I had depression, **I refused to go to therapy for help.** It took a strong and amazing colleague to get me to see that asking for help did not mean that I was weak. That was a lie I believed about myself, until I got help. Asking for help actually makes you stronger, because admitting and going after your needs, is courageous. Don't stop yourself from overcoming a life long obstacle, just because you don't want to ask for help. Get some, and get ahead!

15// Break It Down/Up

Sometimes we fear doing something because it just seems so hard to do! We think we are going to fail, because it's a daunting and intimidating task. Let's take becoming a doctor for an instance. That's a rather big goal. There's so many parts of that, that can intimidate us. We don't start because it all seems so scary.

BUT...if we break it up into smaller tasks, it is much more possible. How about we first look at a school that might be a good fit for our learning style. Maybe there's a school with lots of online classes that will help you learn better, or a school that integrates lots of hands on labs, that can help you succeed. Then we can look at financial aid, and see how we can make that happen. Then we can only focus on applying to school, and do that, by itself. Then, when we get accepted, we can focus on how we can start changing our routines for the day, to integrate time to study. Then we can look at resources for tutoring. Then we can try our first class, and see how many we can handle at once.

Now, each task, seems much less intimidating then this FAR OFF accomplishment of becoming a doctor. Right? Focusing on smaller tasks, also makes it easier to build our self confidence up. Once we see one thing has been done, we have more faith that we can do another. Momentum builds, and before you know it, you've completed two semesters of medical school. Then you look up, and two years are gone...

Breaking up your personal goals into smaller, less intimidating tasks can help us overcome the fear of being incapable of completing the entire DREAM. I do this all the time, when it comes to new things I have to learn as an entrepreneur. I know it will take time, and may be complicated. I know I must do diligent research to have the validity my customers can count on. Instead of being afraid of being invalidated, I break my goals up into smaller tasks, so that I can chip away at an intimidating, new venture!

// In Conclusion



Fears are never as big as we make them seem. Imagine the things you can accomplish, when we face our fears, and overcome them. When you use these tips, you can get past them!



Give yourself time. Don't expect your fear to be gone in a flick of a light switch. If you do a little bit of what you're afraid of, each day, you're closer than you've ever been before.



Keep getting back up! Even when you chicken out, try again. If you miss an opportunity, look for another one. Keep at it, until you get there. Use these tips, to keep on trucking.
It's possible! Your desires are worth it!

& there you go! You can no longer use fear as an excuse... Now go conquer the world!

