



Is fear holding you back from achieving something in your life?

Mark Shields Takes a Closer Look...

We all face fear at some point in our life and quite often it is more than once. It might be a fear of changing your job or maybe moving on from an old relationship or starting a new one? It might be the fear of being alone or the fear of not meeting your own expectations.

In 2006 I faced my own fear of stepping out of my comfort zone and saying goodbye to my comfortable corporate baking career in Jersey and choosing to re-train in a completely new career. Thankfully now, I can say that I have successfully been working as a Life and Business strategist and during this time I have had the privilege of working with thousands of clients, helping them to change aspects of their life and learn the many lessons about human behaviour in order to help them achieve their goals.

My work has shown me why certain people are successful and why others never seem to make the grade, get off the ground or have the confidence to even attempt what they want in life. One of the reasons that people don't take action and move forward is fear. Fear is the biggest obstacle standing in the way of people and preventing them from achieving their goals and unlocking their full potential.

I would like to share with you five steps to conquer fear and move towards what you want in life. I would like to explain how to understand the impact fear can have on our every day lives and share with you what I call a "rapid change solution" or

"breakthrough" strategy to give you the tools to overcome your fear immediately and allow you to experience significant and meaningful change in your life.

1. Be willing to feel pain and take responsibility for your feelings, actions and results

Step one is to mindfully understanding your feelings and understanding how they influence your thought and subsequent behavior. Taking full responsibility for your feelings and accepting that your feelings will directly influence your behavior is the first step in the change cycle. You are what you think and pay attention to. Your reality is what you focus on.

All feelings are informational, letting us know sending us unconscious signals when we think, feel and take action. The biggest feeling we experience when trying something new which takes us outside of our comfort zone is fear. Of course it makes sense doesn't it most of us are afraid of stepping out into the unknown. We are all afraid of what we don't know. 90% of people don't take action because fear stops them.

Embracing all feelings. It's about moving toward your feelings rather than away from them with various forms of self-abandonment, such as staying focused in your head, judging yourself, turning to addictions to numb out, or making someone else responsible for your feelings.

2. Move into the intent to learn. Accept you want and need to change

As human beings we have two automatic strategies that are pre-programmed deep into our psyche. We move away from pain and towards pleasure. This again happens on a very deep subconscious level. By definition this means we feel uneasy when we find ourselves in situations where we feel naturally uncomfortable and subsequently find it difficult to move forward.

Step 2 is where we make our decision to change and find the appropriate learning arena that will give us the knowledge to facilitate that change. This may be a course, a job interview, a new hobby a new relationship etc

3. Learn about your false beliefs

A belief can be defined as something one accepts as true or real; a firmly held opinion. Beliefs are convictions that certain things are true or real. Beliefs are our on/off switches for our ability to do anything. If you don't believe you can do something you probably won't give yourself an opportunity to find out whether you can or you can't.

Step three is a deep and compassionate process of exploration - of learning about your beliefs and behavior that may be driving the fear.

Ask your subconscious mind the part of you driving the feelings and creating the thoughts - *"What am I thinking or doing that's causing the painful feelings of anxiety, depression, guilt, shame, jealousy, anger, loneliness or emptiness?"* Allow the answer to come from inside - from your feelings.

List your 5 top beliefs one at a time. It is common for us to inherit other people's beliefs such as our parents. Examine each of your 5 listed beliefs and identify the ones that you feel truly belong to you. This is important as if we inherit someone else's beliefs and they contradict our own values this can create inner turmoil and conflict.

An exercise I sometimes use with clients is once they have established their true beliefs (sometimes these beliefs can be limiting) I then ask the client to apply a set of empowering beliefs to their own and then note down the differences.

Empowering beliefs I often use are as follows:

- I am responsible for my life (Cause & Effect.)
- To have maximum power over all situations you encounter in life, you need to take responsibility for everything that happens in your universe.
- There are no un-resourceful people, only un-resourceful states.
- There is ONLY feedback! (There is no failure, only feedback.)
- The resources an individual needs to effect change are already within them.
- The Map is not the Territory. We all process and filter information differently. It doesn't mean we are right or wrong, just different.
- The more flexible you can be in any given situation means more opportunities and options will always be available

4. Be prepared to feel the pain of change

Once you have the intent to learn and made the decision to change the next step is to understand the emotions and feelings you are going to experience associated with that change. By coming out of your comfort zone and forging new outcomes and achievements in your life you have to accept you are going to feel an element of fear and anxiety. After all fear is the main cause

of procrastination and directly stops people taking action.

If you can accept and understand that it is perfectly normal to experience fear and anxiety when doing things differently and it is perfectly ok to feel overwhelming emotion, anxiety, sometimes even panic you will build the courage and confidence to move forward through the fear. At this stage in the change process it is common for people to educate themselves in mind strategies such as mindfulness, meditation or hypnosis to help them overcome the fear they are experiencing. Again it is OK to get help, remember the overall objective is to break the habit and move past the fear.

Another valuable statistic that supports this learning strategy is 95% of the learning of any human given is found when making mistakes. Therefore if we never find the confidence to try something new the learning process could be elongated by month's even years.

It is worth mentioning at this stage that it is common for some people to make certain assumptions about their state of mind and mental health when experiencing the fear of coming out of your comfort zone. Many clients and students of mine have often got it confused with deep routed long term anxiety, depression, obsessive behavior even panic disorder.

5. Take the action learned in step four and adopt a robust evaluation process

You've opened up to your pain, moved into learning, started a dialogue with your feelings, and tapped into your spiritual guidance. In step five; you take the loving action that, over time, heals the shame, anxiety and depression that have been the result of your lack of motivation and action.

Sometimes people think of "loving yourself" as a feeling you have to conjure up. A good way to look at loving yourself is by emphasizing the action, *"What can I DO to love myself?"* rather than *"How can I FEEL love for myself?"*

Evaluate your action.

Once you take the action, you check in to see if your new way of winning the battle against fear has worked. If not, you go back through the steps until you discover the truth and actions that bring you the results you desire.

Over time, you will discover that taking on your fear and feeling the pain will improve everything in your life — your relationships, your health and well being, your ability to manifest your goals, and your self-esteem. Understanding and connecting with yourself removing all blockages and conflicts is the key to being able to connect with others and create positive relationships. And create a passionate, fulfilled and joyful life.

For more information on our Change Programmes visit: www.lifepractice.co.uk

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