

FEAR AND WALKING THROUGH IT

As you move forward on your journey from where you are to where you want to be, you are going to have to confront your fears. Fear is natural. Whenever you start a new project, take on a new venture, or put yourself out there, there is usually fear.

Unfortunately, most people let fear stop them from taking the necessary steps to achieve their dreams. People living out the therapy excellence, on the other hand, feel the fear along with the rest of us but don't let it keep them from doing anything they want to do—or have to do. They understand that fear is something to be acknowledged, experienced, and taken along for the ride.

Context

It's often helpful to process students' and clients' actual fears to show that most fear is Fantasized Experiences Appearing Real.

As humans, we've also evolved to the stage where almost all our fears are now self-created. We frighten ourselves by fantasizing negative outcomes to any activity we might pursue. Luckily, because we are the ones doing the fantasizing, we are also the ones who can stop the fear by facing the actual facts rather than giving in to our imaginations.

The Key we will realize the ways in which we investigate the future and scare ourselves with a fantasy outcome.

Observe

Almost all fear is: Fantasized Experiences Appearing Real. This is a useful way to remember what we are doing to ourselves when we are afraid.

When you or someone says that they are afraid of something or someone, a helpful intervention can be:

“How are you scaring yourself?
“What negative outcome are you imagining?”

Then work with what comes up.

Occasionally, there is a solid basis for the fear (Example):

Coach: “You look upset.”

Client: “I am afraid that I will not complete my thesis.”



Coach: "How are you scaring yourself?"

Client: "I am imagining that I have not studied enough, and I will not complete it."

Coach: "How much have you studied?"

Client: "Not much."

Coach: "Then your fear may be justified. Let's create a plan to get you back on track."

Client: "Okay."

Hidden Victim Language:

"-ed" Words—Hidden Victim Language script

"Almost all words, which end in "-ed"—for example trapped, overwhelmed, confused—describe conditions about ourselves which we are actually doing to ourselves—things which we have control over and can stop.

Using "-ed" words robs us of our power, and makes feelings and circumstances seem to victimize us. When we change those same "-ed" words to words ending in "ing," we take charge of our feelings and circumstances. For example:

I feel scared. = I am scaring myself by imagining.

I feel trapped. = I am trapping myself by inaction and by believing things about myself that are not true.

I feel depressed. = I am depressing myself by not fully expressing my anger and/or my sadness about something.

I feel overwhelmed. = I am overwhelming myself by not saying "no," by not setting priorities, by not deciding, or by not acting on something.



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I feel confused. = I am confusing myself, usually by having two ideas about myself or something else. One is usually how I or it should be; the other is how I really am or it really is. (To stop confusing yourself, accept what is really true.)

I feel frustrated. = I am frustrating myself by thinking people, or things, should be different from the way they are, or that I should be different from the way I am.



Fear Walk Through Activity

I'm Afraid to...I Scare Myself by...

I'm afraid to _____ .
I'd really like to _____ ,
and I scare myself by imagining _____ if I did.

I'm afraid to _____ .
I'd really like to _____ ,
and I scare myself by imagining _____ if I did.

I'm afraid to _____ .
I'd really like to _____ ,
and I scare myself by imagining _____ if I did.

I'm afraid to _____ .
I'd really like to _____ ,
and I scare myself by imagining _____ if I did.

I'm afraid to _____ .
I'd really like to _____ ,
and I scare myself by imagining _____ if I did.

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