

# **CONQUER** *Your Fears*

**10 TECHNIQUES  
TO CONQUER YOUR FEARS**



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*"I believe that anyone can conquer fear by doing the things he fears to do, provided he keeps doing them until he gets a record of successful experience behind him."*

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**Eleanor Roosevelt**

Everybody has their own fears. You may not even know that you are already facing some of them on a daily basis to some extent. So, what exactly is fear? You surely have come across this term but are you acquainted about its true meaning. Provided below are the things which you should know about fear, the reasons why you should face it and the following steps which you can adhere to in order to conquer it.

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# What You Should Know About Fear?

*“ If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment. “ --- **Marcus Aurelius***

Any undesirable emotion that you feel or a thought which causes you great distress can be referred to as fear. It can also be associated with any kind of feeling that you get whenever you are anxious that something terribly wrong might happen.

Whenever a person feels fear, a fight or flight response is initiated. Any type of fear begins with the trigger of a certain stimulus. This stimulus may be in the form of water, insects or perhaps any life threatening situation.

Fear will always be present in your life. There will always be something which will trigger that emotional response. This is aggravated especially if you are always within your comfort zone. You have to reach out every once in a while in order to achieve self-improvement. Wishing to be fearless in all aspects of life is unrealistic. Fear will crop up in various aspects of your life and when this happens, you must not be bound by your fears. You must learn to overcome it and not merely adapt to it.

When it comes to your personal progress, harboring fear within yourself will deter your growth as a person. Although feeling fear is a part of human nature, enabling this feeling will in turn affect your ability to make rational decisions and it may even affect your actions and habits. In most cases,

individuals, including you, have a particular baseless fear lying within. This causes the destruction of your self-confidence and will directly influence your personal growth and success.

Those who are living in fear usually misinterpret a particular situation in their life which then results to the development of fear which may either be real or fictitious. Those who continue to live with this type of sensation often feel insecure about their personal being, overly anxious and are not aware of how to look at life on a positive point of view. These individuals are incapable of thinking logically and evidently. Because of these things, a person living in fear often limits their ability to progress in terms of their interpersonal and intrapersonal life.

## What Are The Disadvantages Of Fear?

Fear also has some advantages. It prevents people from doing certain things which they should not do. However, if fear takes on your life to a greater extent like influencing your ability to think and decide logically, the disadvantages associated with it is far greater.

Being extremely fearful of something has some effect on your body. It can cause headache which can be very annoying especially if you are a person who is always on the go and preoccupied with work. It may even cause diarrhea. This particular side effect can be very unpleasant especially if you are in a public place or worse, if you are in a party or corporate function. Other physiological effects include shortness of breath, rapid heartbeat and excessive breathing.

On a different note, fears can hinder you from reaching your goals. It can even be considered as a hindrance in forming lasting relationships. Fear of engaging in a serious commitment with someone that you truly care for is a great example. Lastly, it can hinder you from achieving the success in life which you have always dreamed about. Another great example to prove this point is the fear of failure. Individuals who have this fear and do not strive hard will end up becoming unsuccessful. While those who take the necessary steps to overcome this fear coupled with commitment, dedication and hard work end up as successful personas in their field of choice.

These are just a few of the negative effects of being fearful. Fear limits your potentials. These potentials are vital to your improvement and maturity in terms of your personality and your career. You would not want this to continue for the rest of your life, right? You have to act on it right away.

# Why Should You Conquer Your Fear?

A person who does not fear anything is a rare gem which is very difficult to find. Most of us live our life with a certain kind of fear. This may come in the form of being afraid of heights, change or even the feeling of rejection. Regardless of what your fears are, it is your choice if you want these fears to limit your ability progress to your maximum potential as a person or conquer your fears once and for all. The choice lies within you.

There are several reasons why you should face your fear. In the same manner, you will also get to enjoy several benefits in doing so. Once again the decision is for you to make. You can live with fear or you can conquer it slowly but surely.

## *A. Fear Prevents You from Living Life*

*“Do not let your fears choose your destiny.”*

*--- Unknown*

You may have encountered a situation wherein you have realized that because of your fears, you are unable to live your life fully. This predicament is not unusual. You are just one of the millions of individuals who are having that same feeling. Fear can hinder you from reaching your full potential and it is also one of the greatest obstacles whenever you desire to live a better life.

You will not be able to make positive changes to your life if you are currently living in fear. This is mainly because making even the smallest change in your lifestyle can make you feel very uncomfortable and anxious.

For instance, your company will be under a new management and you fear the changes which may happen. You might even feel uncomfortable and unhappy with your current job but you are afraid to apply for a new one which offers you greater opportunities. Or perhaps, you want to move to a new place but you are fearful of the changes in terms of having new sets of friends, neighbors and even the need to find a new job. These examples have one thing in common which is the fear of having to experience some changes to one's life. These changes are often positive ones but because of fear, you are unable to enjoy a much better life.

### *B. Fear prevents you from breaking bad habits*

*“Fear is a habit; so are self-pity, defeat, anxiety, despair, hopelessness and resignation. You can eliminate all of these negative habits with two simple resolves: I can!! And I will!!”*

**--- Unknown Source**

Fear also prevents you from breaking bad habits which may be a part of your lifestyle. Some examples include smoking, drinking excessively and having poor dietary habits. These are only a few of the causes of some of the most common health problems. But why do people continue to do these

things despite knowing its negative effects? The answer is simple; it helps them feel numb especially if they are faced with a great deal of stress and anxiety. The inability to face your fears which causes stress and anxiety will push you to gravitate towards these unhealthy habits which you are trying to get rid of.

### *C. Fear prevents you from reaching your goals*

*“Too many of us are not living our dreams because we are living our fears. “*

**--- Les Brown**

This distasteful feeling will also prevent you from reaching your goals in life. In some cases, the very thing that you want to achieve the most is associated with a particular fear that you are trying to avoid your entire life. For example, you have the talent and skills and dream of being a supervisor in the company that you are working on but you are too afraid of taking on the responsibilities that come along with it. This particular scenario, though very simple, is a great example of not being able to pursue your goals because of fear.

### *D. Anybody Can Do It*

*“There are four ways you can handle fear. You can go over it, under it, or around it. But if you are ever to put fear behind you, you must*

*walk straight through it. Once you put fear behind you. Leave it there.”*

--- **Donna Favors**

This will probably be music to your ears. Anybody can overcome fear, even you. All you have to do is believe in yourself, find a wonderful support group like your family and commit that you will do it no matter what. Several individuals have done it and they are now living a happy life filled with contentment. Their potential to grow as a person is limitless. There are several things which you can do to help you out and succeed in your objective which is to conquer the things which you fear the most.

#### *E. Become an Inspiration to Others*

*“Each time we face our fear, we gain strength, courage, and confidence in the doing.”*

Problems often seem a lot bigger especially if you are the going through with it. This goes the same with fear. In many cases, individuals are living a life bounded by fear and they have overlooked the fact that their fears are already taking control of their lives or worse, they have already learned not to do anything about it because they have made a choice to live with their fears. These individuals tend to settle for a life which is filled with mediocrity. This is because they ignore their fears instead of conquering it. You can break free from this chain. Once you have taken steps and successfully conquered it, you will see the dramatic changes in your life. Furthermore, you will be able to inspire other people to face their fears too

because you are their living proof that anybody do it. Become an inspiration to others and help them live their life without being bonded to their fears.

## How to Conquer Your Fears?

*"I must not fear.*

*Fear is the mind-killer.*

*Fear is the little-death that brings total obliteration.*

*I will face my fear.*

*I will permit it to pass over me and through me.*

*And when it has gone past I will turn the inner eye to see its path.*

*Where the fear has gone there will be nothing.*

*Only I will remain."*

**--- Frank Herbert**

Now that we have tackled some of the great reasons why you should face your fears, it is now time to learn some of the most efficient steps on how to face your fears. Do not let your fears control you or define your personality. You can reach your full potential if you follow the following tips provided below.

## *1. Bear In Mind That Everyone Feels Something*

“If you want to conquer fear, don't sit home and think about it. Go out and get busy “

--- Dale Carnegie

If you ask a person about what their fears are and they say they do not have any, they may either be joking around or simply trying to hide it from you. We all have our own fears. You are not alone in this fight.

Here are some of the most common fears of people across the world.

### **Fear of Commitment**

This fear is common among males but it also experienced by their female counterparts. At some point in your life, you may fear even the mere thought of committing yourself to something or to someone. For example, you are willing to commit your time and effort to your work but you are afraid to commit yourself fully to someone romantically. This also goes the other way around. Some individuals prefer to commit to a serious

relationship but are scared to devote their efforts to starting a business venture.

## **Fear of Rejection**

This is one of the most common fears encountered by several people. This may come in the form of being scared to make a move especially when it involves expressing your feelings towards somebody special or merely approaching another person and start a good conversation. Nobody likes the feeling of being rejected and this is one reason why several people just stop trying.

Empowering this type of fear hinders a person from doing certain things. It prevents a person from talking to a person you are interested with. It stops you from sharing your opinions during group discussions. To sum it up, the fear of rejection stops you from expressing your thoughts, feelings and even from asking for anything that you think is important or perhaps you deserve.

## **Fear of Failure**

This is also on top of the list when it comes to the most common fears experienced by many. This is applicable not only ordinary individuals but also to successful people.

One factor which drastically affects your chance to achieve success is being scared of failure. Here's one question, what would you do if you will be needing to make several attempts for you to achieve your goals but you are too scared to even try because of this particular fear? What do you think will happen to you?

A lot of people have this fear. Most of them are living their life in the rear lines because everybody else has surpassed this fear and they were able to progress in their life. But those who live with this fear will remain stuck at one point in their life and will never be able to achieve whatever they desire the most just because they are afraid to fail which in turn causes them to not even try at all.

Experts say that the fear of failure is developed by a person's subconscious in order to protect one's self from going through problems associated with failing.

These are only a few of the most common types of fears. There's actually a lot more on the list.

In truth, fear is something that we always try to avoid. We often associate this with something terrible. Because of this we turn to other enjoyable activities which will help you temporarily forget or even avoid your fears. This is where the problem starts. It is your choice when it comes to how you want to handle this situation. But the first thing which you always have to remember towards the path of conquering your fear is that you are not the only one who has fears. Someone else shares this same struggle.

Having this kind of understanding will help you not feel all alone in this journey. However, it is up to you to make a choice.

Try to find someone whom you can talk to about your fears. This same person may have shared the same feeling and who knows, they might have found ways to overcome it which they would gladly share with you.

## *2. Recognize your fear*

*"I have accepted fear as a part of life – specifically the fear of change.... I have gone ahead despite the pounding in the heart that says: turn back."*

**--- Erica Jong**

One of the worst things that can happen in your life is to immobilize yourself towards self-growth because of your fears. Everybody will come to face this challenge at one point in our lives. Fear can prevent you from making rational decisions. You can do something about it. You do not have to feel that way towards your fears. Recognizing all of your fears is the first step to conquering it and starts your journey towards self-improvement. This recognition will help you deal with this unpleasant sensation.

Among the reasons why you are unable to successfully face your fears is the unwillingness to look at it closely. You will fail to fully recognize the factors which create and fuels your fear because of the sensations associated with it. Some may think that examining it closely will intensify this agonizing feeling.

If you take a look at them closely, you will be able to deal with them appropriately.

The first thing is to ask yourself what exactly are you afraid of and why. You can also determine the source of your fear by evaluating yourself and even by seeking the help of professionals. You would have to devote some time to this and you will find the answer that you are looking for along the way.

### *3. Make a Decision*

*“You can conquer almost any fear if you will only make up your mind to do so. For remember, fear doesn't exist anywhere except in the mind.”*

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### **Dale Carnegie**

Once you have identified and examined your fears, you now have to decide. You have to make a decision with regards to what you want to do with your fears. You basically have two choices, deal with it or ignore it. Of course, choosing to conquer your fears will help you reach your full potential and achieve your goals.

When you have identified this goal, you need to commit yourself into doing it. This may seem very simple but a lot of individuals are having a hard time fully committing to it which causes them to fall back to their old fearful self. When you make a decision, you have to act on it. The most common

problem is that individuals simply think about it. Sometimes, they give up at the first sight of problems.

Avoid thinking of what might happen in the future. Deal with sticking to your decision first. Commit yourself and you will reap the fruits of your labor in the future. Remember, the only person that can let you down is yourself. You need to go through it and prepare yourself as to the bad and good things which may happen along the way. Think of it as something you really want and strive to achieve it.

#### *4. Take One Step at a Time*

*“Do the thing you fear to do and keep on doing it...that is the quickest and surest way ever yet discovered to conquer fear.”*

Facing your fears does not necessarily mean that you have to start with a grand gesture. You can actually take it slowly. Since you already know what your fears are, you can break it down to manageable pieces. Though you always have to take note of your long term goals, it will be a lot easier to achieve it if you deal with it in manageable portions. Deal with the first step and focus on it. Once you are done then you can move head on with the others.

#### *5. Consider Your Fears as Growth Opportunities*

*“Confront your fears, list them, get to know them, and only then will you are able to put them aside and move ahead.”*

--- **Jerry Gille**

When you have lived half of your life, would you like to look back at your memories and keep on wondering what if you did weren't too scared during that time? Do you want to feel regretful, thinking that you could have done a lot better in life if you have just faced your fears? Do not wait too long before you realize that you should conquer your fears.

One great technique to help you out in overcoming your fears is by taking these unpleasant feelings as opportunities for you to grow as a person. If you look at it that way, you are likely to explore some of the great benefits associated with it.

Begin this by creating a list of the benefits which you can have if you face your fears. This will provide you with a quick look of the great opportunities which you surely would not want to miss out. Include in your list the possible outcomes if you face your fears. Imagine what your life would be if you face your fears. Lastly, what do you need to give up by facing your fears?

These are just a few of the questions which you should answer when making this list. This will give you an overview of what you will be missing out if you continue living in fear. This should also serve as a form of motivation to help you with your fight towards overcoming your fear. Always remember, you will have tremendous personal growth if you face your fears and you will have more opportunities in life which will lead you to the road of success.

## *6. Take a Breather*

As mentioned earlier, your body will exhibit signs whenever you feel fearful of something. These include rapid heartbeat, over sweating, difficulty breathing and many more. If you are flooded with these sensations, it is important for you to take a breather.

If you are up to give your public speech, your company presentation, exams or even transferring to your new home, you need to take a break and put yourself back together. Taking on your fears without properly conditioning yourself will lead you to end up with unwanted results. These sensations will hinder you from making the right decision.

Walk away for a couple of minutes, 15 minutes or so will be great. Take deep breaths, think of happy thoughts and tell yourself that you can do it. Once you have pacified and completely calmed down yourself, you will be able to think logically and make the right decisions as to how you will take on the particular challenge which is also greatly associated with your fear.

## *7. Expose Yourself to your Fear*

*“Expose yourself to your deepest fear; after that, fear has no power, and the fear of freedom shrinks and vanishes. You are free.”*

**-- Jim Morrison**

Whenever you are afraid of something, your common response mechanism is to avoid it. However, if you are serious in overcoming this, then you have to expose yourself to your fear. You can either do this on your own or with the help of a professional.

Medically speaking, exposure therapy involves the treatment of an individual by assisting them in confronting their fears. This method will help the person break their fear pattern. Several studies have shown the efficiency of this method.

If you are planning to do it on your own, then you can definitely do it. For example, you are afraid of heights, you can try to go to the top floor of a building and look at the view down below. Doing this for a couple of minutes on a regular basis will help you overcome your fears. This is one good example when it comes to exposing yourself to the thing that you fear the most.

### *8. Accept Failures Gracefully*

“The greatest mistake you can make in life is to continually be afraid you will make one.” - **Elbert Hubbard**

The fear of failing is one of the most common fears among us all. There will be instances wherein the effects of failure can be extremely frustrating if not devastating. However, in most instances the effects aren't really that bad. The mere thought of failing prevents an individual from achieving great things in life and this also makes an individual miss out on wonderful opportunities.

Always remember that being too scared of doing something will just leave everybody else the chance of succeeding on the path which you want to take. This could have been you but you were too scared to give it a try. In the end, you will end up feeling sorry for yourself because you did not grab the chance.

Although it is a fact that achieving something would require repeated tries. This means that you are bound to fail one way or another. Accept these failures and learn from it. Continue doing what you want and do not fear the possibility of failure. It is much better to try and fail rather than not try at all.

### *9. Find the Source of Your Fear*

An effective way of facing and overcoming your fear is by identifying its source. This will help you find the right method to overcome it. Regardless of what type of fear you have in your life, finding its real source is of utmost importance.

By talking to a professional or by evaluation yourself, you will be able to discover the real source of your fears. The most important question which you need to answer is “Why am I afraid?”. Finding the answer to this question will steer you to the right direction in terms of finding the origin of your greatest fears. However, you will not be able to do this within just one day. You have to spend some time searching for the answers that you are looking for.

Right after determining the source, you are now ready to proceed to the next step which is to find the solution. One good way of finding the right

technique to use is to create a list of the possible methods which you can use. After doing so, you can put these methods into practice.

### *10. Trust yourself*

Find the courage to trust yourself even before you go through your venture of overcoming your fears. This is one important element that you should not forget. It will help you get through the entire process which you may find very difficult. But if you believe in yourself and know that you can do it no matter what, anything is possible.

Stop thinking that you cannot do it or that you will fail. Give yourself some credit. Believe in yourself and you will make it through. You will be able to conquer your fears and live a life which you have always dreamed of by being able to accept new opportunities along the way which you previously feared the most.

## Take Away

We all have our own struggles in life and these include fear. In truth, it is human nature to protect one's self from anything which is deemed as dangerous or unpleasant. Some may come in the form of heights, water, fire, change, insects and what not. You may have fears during your childhood years which you have already outgrown but there are those types of fears which you bring up until your adult years. These are much harder to deal with.

As we grow older, we have learned that we need to overcome fear. However, fear is also vital in a person's existence. It keeps us safe from harm. Then again, you have to recognize and identify the fear which you think is preventing you from being happy and successful. For example, some successful individuals achieved all the things which they have in life because they feared failure. This made them work harder to make sure that they succeed in everything that they do. The unpleasant feeling of anxiety when you are in the brink of failing can help you strive harder to achieve your goals.

It is very important to face our fears. This is for the simple reason that, some of your fears are the cause of living a mediocre life. These fears though may seem very irrational for others yet troubling on your end can influence your ability to do certain things as well as achieve the things that you want to have.

Knowing what your fears is as important as finding the right methods to overcome them. For example, if you are scared of speaking in front of a crowd, you have to identify if it is because of the people who will be listening to you or if you simply lack the self-confidence to push this through. In many cases, the sources of your fears are past experiences which made you go through a great deal of emotional or physical stress and pain.

Determining your fears which are controllable and those which are beyond your abilities is very important too. Furthermore, you will have to make yourself get used to changing your point of view about the things or situations which may cause anxiety or fear on your part. This cannot be achieved in just one day. You have to be patient and you have to be committed. Take small steps at a time since this will help you progress towards your goal which is to overcome your fear.

All the methods presented above are simple steps which will help you towards conquering your fears. Do what you have to do if you wish to live a life wherein you know that you can handle your fears. Do not let anything hold you back in achieving success and self-improvement.