

Fear Hunting

I've called this item "fear hunting" instead of "fear fighting", because often the fears we need to tackle in life so that we can access the greatest rewards aren't always immediately obvious and therefore we need to hunt them down before we deal with them.

Imagine the following situation:

You are walking along a country road. You look across to the field and notice something glistening in the sun, and realise that there are several large gold nuggets sticking up out of the ground.

A fence made from impenetrable rolls of specially hardened barbed wire separates you from the field and the gold nuggets, but there is a pair of cutters on the edge of the road which are designed to cut through this particular hardness of fence wire.

The gold nuggets represent the more significant goals we want to achieve in our lives, in relation to careers, qualifications, sport, relationships etc.

The fence represents the combination of fears and discouragements resulting from past failures that keep us from reaching these goals.

The cutters have two blades. One is vision and the other is determination.

Let's use a simple example to illustrate the fear hunting strategy. There is a job advertised that you would like to really like to have. The salary and conditions of employment are perfect for your situation and the nature of the work is exactly what you would enjoy. However, you have great hesitation about applying. Through an honesty session with yourself, you eventually admit that the real reason for not applying is that you have an intense fear of interviews.

Now that you have identified the fear, here is a really simple strategy for dealing with it.

Ask yourself the question, "What is the worst scenario that you can imagine if you line up for an interview?"

If your answer is something like, "I may not be able to think clearly under the pressure of the interview and will be really embarrassed if I can't come up with high quality responses to the questions I'm asked", then you need to say very firmly to yourself, "SO WHAT? LET'S GO"

So what if I experience some embarrassment or humiliation?

With those words you have suddenly become your own most powerful motivator.

Now remember, the blades of the cutters that are going to cut through the fence of fear and discouragement are vision and determination.

You need to be able to visualise yourself embracing the goal you desire.

You also need to make the determination that no fear or past discouraging experience is going to stop you from pursuing that goal.

A grass fire with a strong wind behind it, racing toward you with high flames can be a really terrifying experience. However, I understand that the best thing to do if you are confronted with that experience is to run straight into it. The front of the grass fire is usually only a couple of meters deep. You may get singed a little as you charge through it but after a few seconds you will be safe on the burnt out area on the other side of it.

It's the same with responding to any uncomfortable situations. You may experience some embarrassment or feelings of rejection as you walk into those situations, but if that is the worst that is likely to happen, then with the right attitude, those experiences can result in strengthening your character, and capacity to respond to challenges.

So, in summary my strategy for responding to fears is:

First the question:

WHAT IS THE WORST SCENARIO?

Then the confrontation:

SO WHAT!

LET'S GO!

Here's a good daily declaration to make.

I hate fear.

It stops me from embracing the fullness of life.

I will fight it with passion.

Have a great day, hunting and fighting your fears.