

# 5 Steps to Eliminating fear



By

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## Preparing the way

Get out at least three pieces of blank unlined paper.

On one piece, turn it sideways so the long side is the top and bottom.

Divide the space into three sections, by drawing 2 vertical lines, not quite equally:




You might need to make two or even three of these, but start with one.


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STEP 0	WHY	WHEN
<p><b>Take a deep breath.</b></p> <p>In from your nose, out from your mouth.</p> <p>Or in from your mouth, and out from your nose.</p> <p>Whatever.</p> <p>Just don't move your shoulders up and down, OK?</p> <p>Move your belly in and out.</p>	<p><b>When you feel fear, you stop breathing.</b></p> <p>When you stop breathing, you stop thinking.</p> <p>You're going to want to skip this step.</p> <p>Don't.</p>	<p><b>Right here and now.</b></p> <p>Doesn't that feel better?</p> <p>Not holding your breath?</p> <p>You're welcome!</p> 


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STEP 1	WHY	WHEN
<p>In the left-hand column: <b>Write down the worst things that could happen.</b></p> <p><b>All the gory details if you failed at this.</b></p> <p>Let your imagination go wild with all the disasters - you know it will!</p> <p>Who will abandon you? Will you end up in a gutter? People will laugh at you!</p>	<p><b>Your subconscious mind wants to keep you safe, so it will derail you by coming up with reasons "why not."</b></p> <p>Get those out of the way first.</p> <p>And, in a weird way, this step is the most fun...go figure!</p> 	<p><b>Now.</b></p> <p>Because, now.</p>


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STEP 2	WHY	WHEN
<p>In the middle column:  <b>Next to each of the disasters, write down what actions you can take to</b></p> <p><b>PREVENT or STAVE OFF</b></p> <p><b>the bad thing.</b></p> <p>Be resourceful.            What talent(s) can you activate?            What can you delay or even ignore?</p>	<p><b>Because even though your subconscious wants you to be safe, your inner knowing wants you to</b></p> <p><b>BE SUCCESSFUL.</b></p> <p>Remember this:            in Stanford University's famous multi-disciplinary Design School, students must come up with at least three solutions to every problem.            And they do.</p>	<p><b>As soon as you finish the first list of problems.</b></p> <p>But take your time coming up with solutions.            Be gentle with yourself.</p> 


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STEP 3	WHY	WHEN
<p>In the right-hand column: <b>Write down what actions you can take to</b></p> <p><b>REPAIR</b> or who you can <b>ASK FOR HELP.</b></p> <p>Even if the whole thing goes sideways and breaks, you can whip out the superglue and a helper to put it back together.</p>	<p><b>Because people like helping other people. Don't be shy about asking.</b></p> <p><b>Because, like the old saying, it's easier to ask for forgiveness than permission.</b></p> 	<p><b>After you finish step 2.</b></p> <p>Again, take your time coming up with solutions.</p> <p>Allow your creativity and vulnerability to shine.</p>

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STEP 4	WHY	WHEN
<p><b>On a new separate blank page, answer this question:</b></p> <p><b>What might be the upside, the positive benefit(s), in the attempt?</b></p> <p>Would you benefit?</p> <p>Would the world gain something new or better or different?</p> <p>Would your family, friends, neighbors get something good?</p>	<p><b>Now that you've dealt with the doom and gloom, you get the focus on the positive.</b></p> <p><b>This is the second most fun part!</b></p> 	<p><b>Give yourself 24 hours to think of more horrible things that could happen, and complete Steps 1 - 3 for each before moving on.</b></p>

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STEP 5	WHY	WHEN
<p><b>This is big.</b></p> <p>On a new blank page (could be the back of Step 4, or a new page) answer the following questions:</p> <p>What is the <b>EMOTIONAL</b> cost of inaction?</p> <p>What is the <b>PHYSICAL</b> cost of inaction?</p> <p>What is the <b>MONETARY</b> cost of inaction?</p>	<p>You must acknowledge what you might be giving up if you <b>don't do your thing.</b></p> 	<p><b>Immediately after Step 4.</b></p> <p>You might want to pause to get some tissues.</p> <p>Sometimes people cry at this step.</p> <p>Let it happen. Feel the feels.</p>



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## And then what happens?

**You'll do it - or, you won't.**



**Let's check in: how do you feel?  
More than likely the fear is gone because  
you've tackled the unknown.  
You know the pros and cons.  
You may say yes, or no, or  
something completely different.  
No matter what, you'll have won against fear.  
You won't have that  
endless debate in  
your head and your heart.**

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or mind hacks?**

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