

EPISODE 21 – Addressing Fears and Feelings

We all have fears and feelings. The emotions that we feel impact our thoughts, feelings, and actions. They act like a beacon or a lighthouse, letting us know how the world is going on around us. Our emotions are our sensor. But it's important to develop self-awareness so that you can learn and know yourself and be able to recognize and identify the thoughts associated with the emotions that you're having. Your beliefs and your belief system (which includes many patterns and behaviors that you learned in childhood and life's experiences) are how you perceive and interpret the world around you.

Some people believe that if they have a new car, new house, new clothing, or a new relationship that they will be happier than they are currently. **Happiness is a state of mind. Happiness is a choice.**

The beliefs you have are our choice... You can either choose to believe them or release them - free yourself of the burden and pressure of holding out for happiness until something better comes along.

Why not choose to be happier right now?

Simply by **doing more of what makes you happy**.

Do you know what makes you happy?

You may be wondering what this has to do with addressing fears and feelings. This is where I jump in because you can't be happy and fearful at the same time so it's important to address the fears you have in the feelings that you're feeling.

People often have fears of success, failure, rejection, or illness. There is nothing more than false evidence appearing real.

1. Identify what you're afraid of.

What emotions are you feeling?

What triggered them for you?

“There is only one thing that makes a dream impossible to achieve: the fear of failure.”

— Paulo Coelho, *The Alchemist*

2. Focus on what you have control over. You have control over yourself and perhaps the environment that you're in.

3. Question your beliefs. Ask yourself questions about your assumptions and the beliefs that you have.

If you are afraid of achieving success, you may be self-sabotaging yourself.

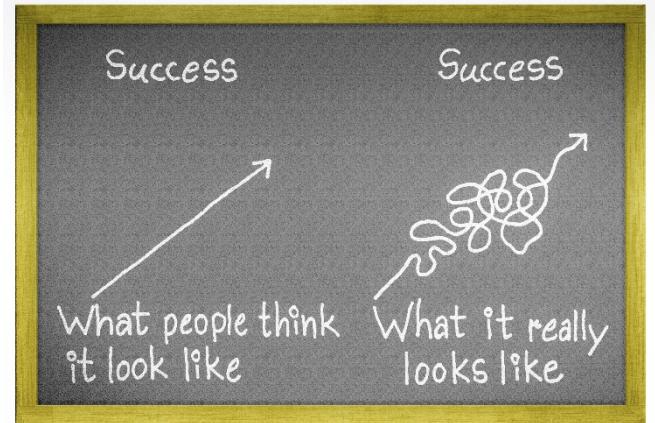
What are you afraid of?

What beliefs do you hold around success?

Do you believe success should happen in a certain way?

Who says?

There are many routes to success. As long as no one is harmed or going to jail, you can take as many routes as you want.



"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

— Marianne Williamson, A Return to Love: Reflections on the Principles of "A Course in Miracles"

Why are you holding yourself back?

Are you afraid to fail or make a mistake?

Guess what? You are farther ahead than those who do not even try.

4. Mitigate your risks. Do your homework. Learn as much as you can about achieving your goal.

Have others done what you want to do?

Talk to them. I can hear it... "Why would they want to talk to me?"

People like to share how they achieve success. They will even share stories of their mistakes and failures. Why not learn from others mistakes so you don't repeat what they have done. Save yourself some heartache.

5. **Shift your thinking**-failures and mistakes are learning opportunities to improve and grow. They make us stronger. Take a listen to episode blank challenges make us stronger. [\[EPISODE 16 – Challenges Make Us Stronger\]](#)

Some people have a great fear of rejection. As much as we want to hear a "yes", a "no" can be a great thing. If someone is not interested or not the right fit- you are not wasting your time. If someone says no- it may mean not the right time, not enough money, not enough information.

6. Discover what their "no" is by asking questions. Get more information.

For others the fear of illness paralyzes them from taking action. There are risk factors that you can control when it comes to your health and those you cannot. Worrying about what could happen is a waste of time. Imagine what you can accomplish if you use the time you worry about something to be proactive. Some of the risk factors that you can't control include your age genetics race and for the most part gender. Risk factors that you can control include your waistline, level of stress, eating habits, and level of activity. Get a yearly physical examination by your physician. Get your eyes checked and your teeth checked. Take care of your health. Listen to your body- if you feel different than what your baseline is for you-you should get it checked out.

7. Be proactive in taking care of your health that you can live long and prosper.

Address your fears and manage your emotions so that you can ask the right questions to achieve your dreams and make them become your reality. You never know the life you change in the process. Often the person's life you change is your own.

DEBRA KASOWSKI, BScN CEC is an award-winning best-selling author, transformational speaker, blogger, and Certified Executive Coach. She has a heart of a teacher and is certified in Appreciative Inquiry and Emotional Intelligence. Her writing has been published in a variety of print and online magazines. Debra Kasowski International helps executives, entrepreneurs, and organizations boost their productivity, performance, and profits. It all starts with people and passion. Sign up the Success Secrets Newsletter and get your free mp3 download today! www.debrakasowski.com

Time 11.22 min

Keywords: fears, failure, learning opportunity, fear of failure, fear of success, fear of rejection, fear of illness, health, risk factors, being afraid, emotions, emotional intelligence, self-awareness, shift your thinking, mindset