

# WORKING WITH FEAR



Our lives are run by emotions.

Our emotions are run by fear.

Our fears lie to us.

*Therefore...*

**We live lies.**

*wondering where happiness went.*



I've seen enough of this tragedy to write a book on it, run a workshop on it and build a digital course on it.

Tonight we are going to cover the essentials of a massive topic.

# The Purpose Of Fear

FIGHT

OR

FLIGHT

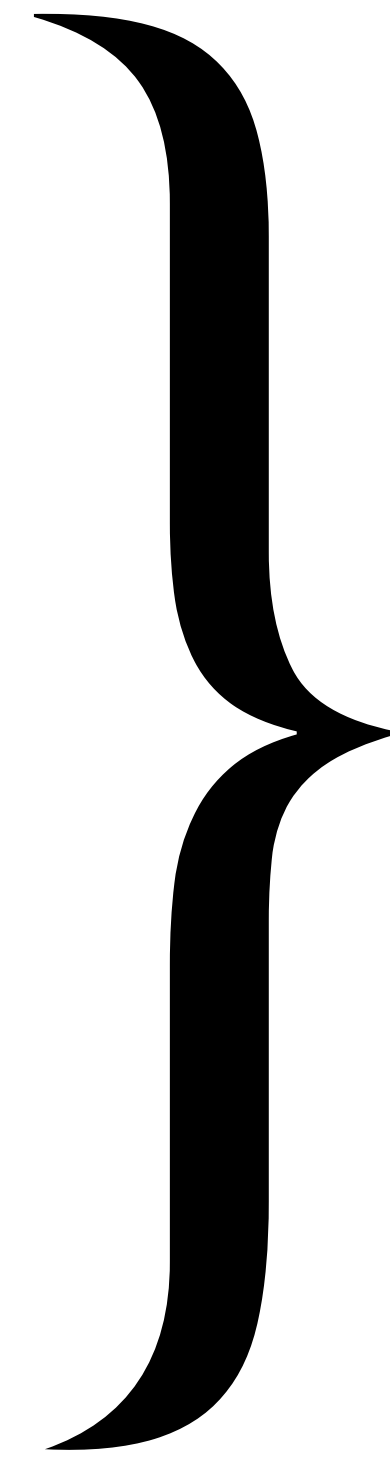


Traditionally...

FIGHT

OR

FLIGHT



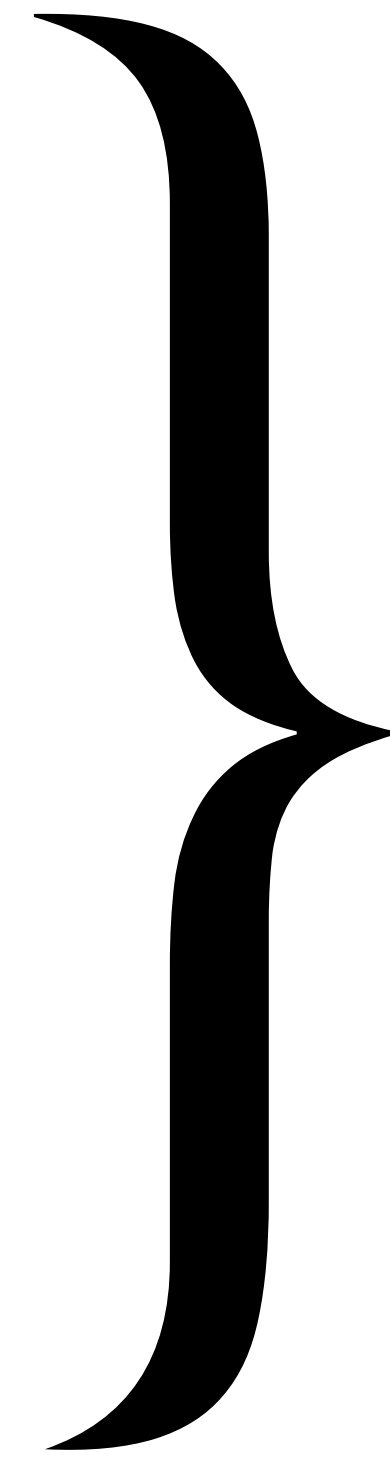
15 Minutes

Now Days...

FIGHT

OR

FLIGHT

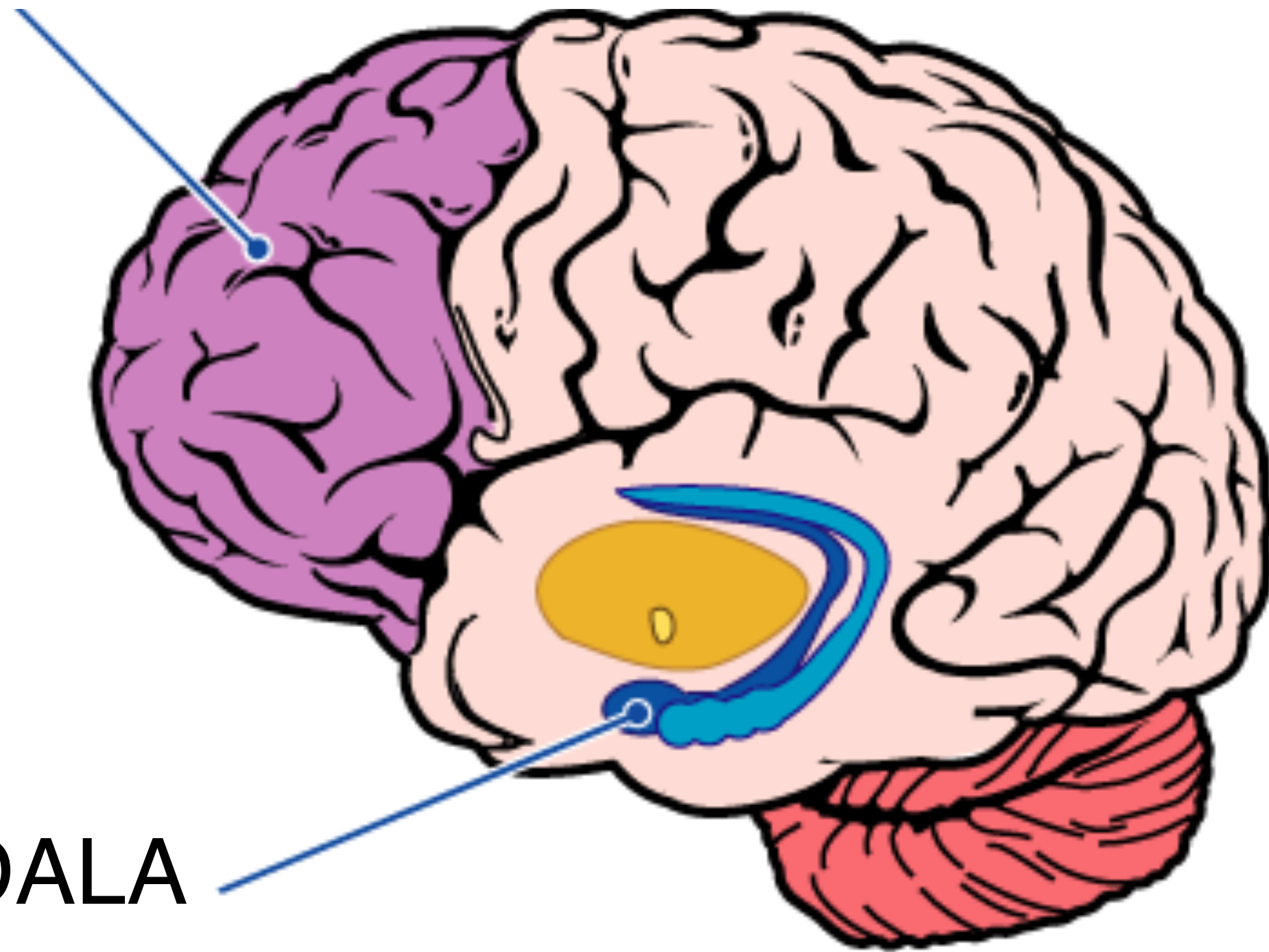


10 Hours

# How Does Fear Work?

## THOUGHT

*sub-vocalising*



## AMYGDALA

Approx 1,000 times faster than thought.

*The Amygdala is considered to be part of the Limbic system.*

The Amygdala triggers the release of **Cortisol** and **Adrenaline** by your adrenal glands to prepare you for “*fight or flight.*”

**Cortisol** = steroidal hormone.  
**Adrenaline** = stimulant.

This happens when a situation causes the amygdala to hijack control of the response to stress.

*The amygdala **disables** the frontal lobes and activates the 'fight-or-flight' response.*

Without the frontal lobes, **thinking** deteriorates, **rational decisions** vanish, and **controlling responses** diminishes.

Control has been “hijacked”.



# Adrenal Fatigue

The adrenal glands become overstimulated.  
They pump out adrenaline when it's not required.

This is known as **Adrenal Fatigue**.

Symptoms of Adrenal Fatigue:

- Difficulty sleeping
- Waking tired
- Decision fatigue
- Overstimulated
- Short attention span
- Weight gain
- Nervous shaking
- Burn-out
- Inability to focus
- Can't unwind

WORKING WITH FEAR

BUT

# It's All Just Energy In Motion



The symptoms of **FEAR**:

- Excessive sweating,
- Accelerated heart rate,
- Shaking, goosebumps,
- Elevated body temperature

The symptoms of **EXCITEMENT**:

- Excessive sweating,
- Accelerated heart rate,
- Shaking, goosebumps,
- Elevated body temperature

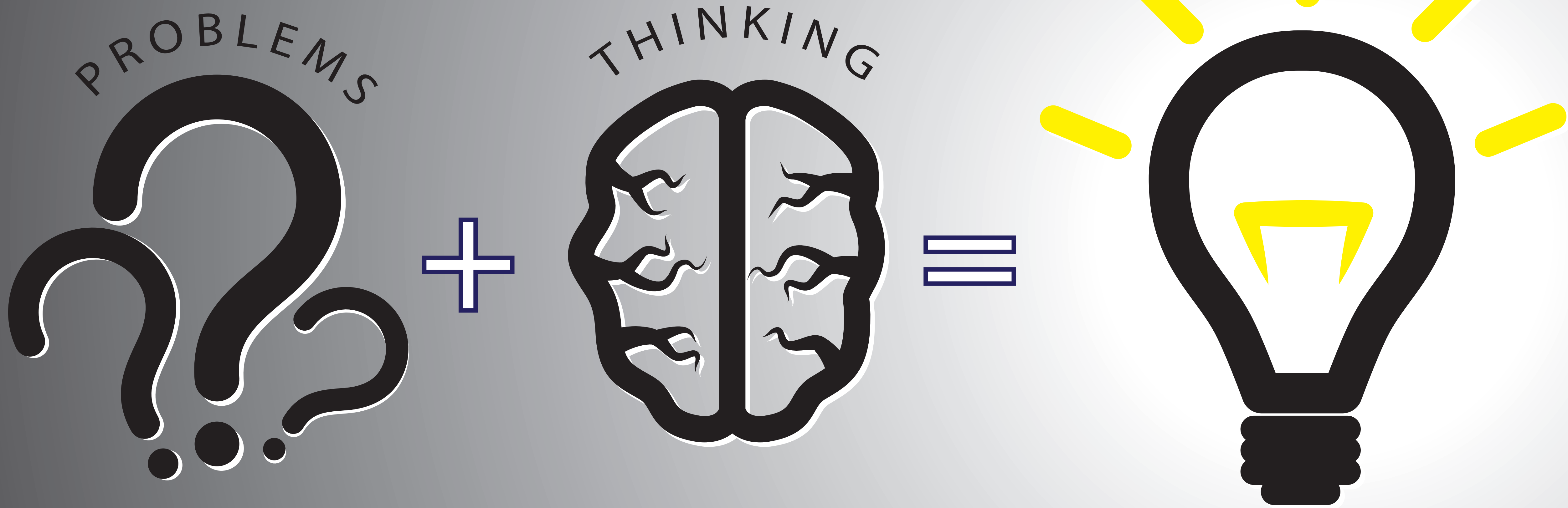


## KEY UNDERSTANDING

Fear promises you won't be  
threatened...

*...but you spend your life  
in fear that you will.*

# The Brain's Role



The brain is a problem solver.

- detects dangers
- analyses situations
- predicts outcomes
- presents solutions



The left brain is good  
for thinking *not for*  
*dealing with emotions.*

## KEY UNDERSTANDING

Thoughts create feelings.

*Therefore we need to be careful  
what thoughts we choose.*





You can think  
negatively or positively.

*They take the **same**  
**amount** of energy.*

# The Problem

Negative thoughts themselves  
are not the problem.

The problem is what  
*we do with them.*

# Negative Thoughts

## WHAT WE DO

Take them as gospel

Act on them as facts

Let them control us

Generate more of them

Let them compound

## WHAT WE NEED TO DO

Question them

Generate alternatives

Seek alternative actions

Distance ourselves

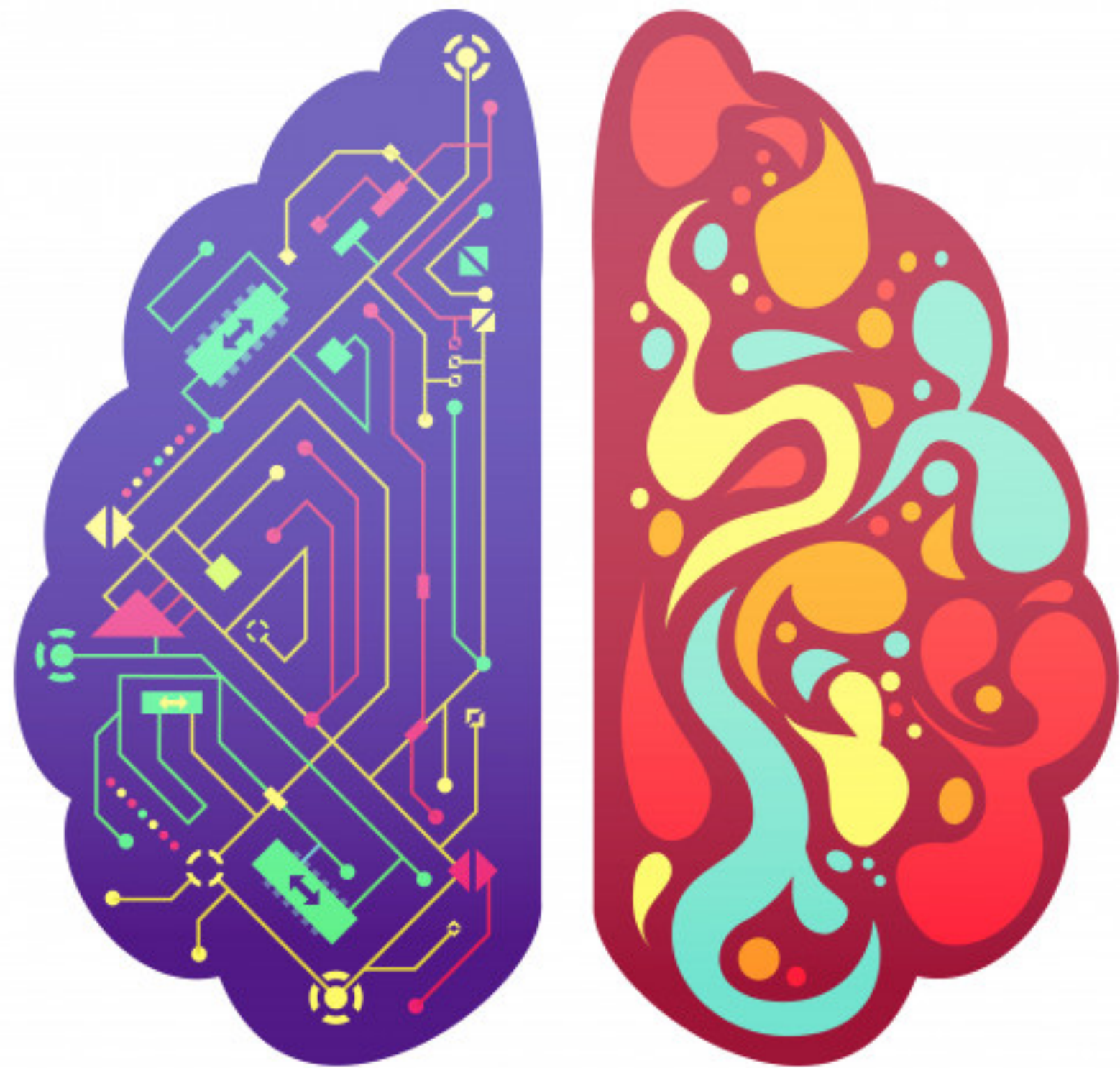
Dismiss them

Give them no power

Reframe them

# Separating Thoughts & Feelings

The average person needs to **feel** more and **think** a lot less....



BUT

when it comes to fear

...we need to **feel** less and **think** more.

# The Problem

What we are taught about thoughts and feelings is actually what stops us getting what we want.

# The Problem

Fear most commonly arises from **fairy** stories.

The stories always have horrific endings.

If you don't empty the dishwasher you'll get sent to your room.

Do your homework or you'll get a detention.

You need to study hard because it doesn't come easy.

If you speed down the highway you'll get fined.

You behaved badly - you should be ashamed.

The stories boil down to a **(very)** few bottom line negative beliefs about ourselves.

God will punish you for your sins by sending you to hell.

You are wrong bad and awful because you are different.

Vote for the other mob and the world will end...

We are taught that we  
can **think** our way  
through an emotion.

*Don't be sad, think about what great life she had.*

*Don't be angry it's embarrassing in public.*

*Don't be scared, people will think you are weak.*

*Don't be afraid - just face it and it will go away.*

# Our Thoughts

## WHAT WE DO

Biased towards them  
Use them for answers  
Lack system  
Untrained  
Have free reign  
Can be immature

## WHAT WE NEED TO DO

Argue with our thoughts  
Become observer  
“Re-think” situations  
Become positive thinker  
Use a system  
Reign them in  
Learn critical thinking  
Learn creative thinking



# Our Feelings

## WHAT WE DO

Suppress them

Ignore them

Ignore intuition

Lack of trust

Suffer from outbursts

Get stuck in them

## WHAT WE NEED TO DO

“Feel” them

Dig into & explore

Choose a feeling

Trust intuition

Dump baggage

Learn expression



Only the combination  
of the **right thinking** and the  
**correct use of our emotions**  
*gets us what we want.*

# Control

A common response to fear is to attempt to gain control.

This is most commonly motivated by the illusion that POWER is the result of control.

You'll know you are 'controlling if you:

- Are arguing or fighting to prove you are right,
- Tell a porky to be right,
- Raising your voice to be heard,
- Can't/won't see the opposite point of view,
- Feel you are in a win/lose battle,
- Believe someone can or will, hurt you.

# TURN TOWARDS THE FEAR

1. Find the most appropriate word for the fear and articulate it to the best of your ability.
2. Turn inwards and explore the sensations as thoroughly as you possibly can.
3. Welcome the fear into your body.
4. Allow it to expand *(it will feel like it's taking over!)*
5. Watch it dissipate.
6. Breathe.
7. Choose a new feeling to 'live' where the fear was.

# Questions?

# Assignments

<b><i>1</i></b>	Brainstorm a list of your fears.
<b><i>2</i></b>	Number them from scariest to least worrisome.
<b><i>3</i></b>	Decide which you will pursue and in what way. (Reach out to us for help via the Facebook Group)