

# **“3 Easy Steps To Overcoming Your Fears NOW!”**

*By Dr. Cindy Brown, “The Relationship Doctor.”*

Overcoming my greatest fears over the past 20 years has gradually allowed me to become the successful person I am today. I find that the fears we have and hold on to over the years, tend to weaken our character and give us excuses not to move forward towards our goals and even block us from achieving even greater things in our lives.

There is a saying “FEAR=False Evidence Appearing Real.” Meaning we have negative thoughts, beliefs and emotions that we attach to events that we allow to affect us and stop us from moving forward towards our dreams and goals. If we can learn to work with these features of fear, we can overcome it and achieve success in anything we want!

So how do you do this?

Here are the 3 steps I have used to overcome my fears:

## **1. Identify and be willing to explore deeply your greatest fears.**

- Write a list of these fears and post them on your wall.
- Number them “1 to 10”; #1 being the fear you first and most want to and are willing to overcome, to #10 the last fear you want and are willing to overcome.
- Now take the top 3 fears and explore your thoughts, feelings, beliefs and emotions surrounding these fears. Ask yourself: Why are you afraid of...? What are you afraid of? What do you need to not be afraid of...? What is the worst-case scenario of this fear? What could you do to prevent this worst- case? What support do you think you need to overcome this fear? What could you do for yourself to overcome this fear?

**For example-** I used to be terrified of Earthquakes. I took the time to explore this fear in me by having a committee meeting© (Learn more about my EMT™ system [by consulting with me](#)) with myself and discovered from listening to my inner voice that I needed to gather supplies to feel safer. I also had a reassuring conversation with my emotional self (ES) to assure this part that I would keep it safe in all my worst-case scenarios I could think of.

## **2. Overcome your fears in small steps.**

Fears held for many years take time to explore and work through to overcoming them. Be patient and take the time to do each step so you don't create more negative energy that may prevent you from ever overcoming it in the future.

- Do your research. An informed mind is more relaxed and adventurous. Search the internet, read books, take a class, interview people who have attempted which you are afraid of, experience and practice a part of the action of your fear, have friends accompany you for support, work with a therapist.

**For example:** Before I took the scuba dive course, I had read books on it, researched on the internet the Sandal's dive program, talked with my sister and sweetheart who are both certified divers about the certification process and being underwater and breathing, I told myself I only have to take the classroom part of the program to see if I can handle it. I asked the instructors lots of questions to alleviate my fears. Then there was step 3...

**3. Just Do IT! Jump and the Net will appear!** As Mike Lipman says- "*You don't have to get it right, you just have to get it going!*"

Step three is **making yourself do it (despite a little fear)** as long as you have done your self-exploration work, committee meetings© and research and have the personal and psychological stability and support necessary for you to be safe and successful at it.

**You don't have to be perfect at it**, I was scared, I was fumbling, I was nervous, I needed lots of help from my sweetheart, Yogi and Snoop dog (the Sandal's dive staff) and I needed to practice over and over again to get more confident and better at diving comfortably underwater in the Caribbean. I completed 3 dives and got more comfortable each time.

**Celebrate and pat yourself on the back when you take the leap.**

Now I am thrilled and proud of myself for again overcoming another one of my fears. I feel energized and have the excitement of wanting to take myself again to the next level. In fact today I was talking to a guy at my gym about getting certified in the Pacific Ocean here in Los Angeles (more scary for me because it is much colder water and has bigger waves and obstacles.) However I am willing to do my self-exploration work, research more about the certification criteria and cost, I will even stop by the dive shop this week to inquire. And maybe in the next few months I will be telling you more about my adventures of overcoming more of my fears. **Here's to you overcoming your fears to a greater level of success and greatness!**

These are 3 steps you can take immediately to begin to explore and overcome your fears. I hope you find them useful and helpful. **\*\*\*Remember: In order to be the person you have never been, In order to have life and relationships(s) you have never had, You must do what you have never done before: Give me a call or contact me so I can support you in having the best life you've ever had!**

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