

“FEAR THIS: Simple Steps to Master Your Emotions for Good!”

By Dr. Cindy Brown, “The Business & Relationship Doctor.”

As a behavior specialist and coach I know first hand that fear and phobias drastically affect many people every day. According to Wikipedia (a great online resource) “Fear is a powerful, unpleasant feeling of risk or danger, either real or imagined.” Now we can describe fear by many different terms in accordance with its relative degrees; personal fear varies extremely in degree from mild caution to extreme phobia and paranoia.

What I have seen working with my clients over the past 17 years, is that fear is related to a number of emotional states including worry, anxiety, terror, fright, paranoia, horror, panic (social and personal), persecution complex and dread. I have some powerful tools and strategies I teach my clients to either work with and/or manage their fear and negative emotions, or eliminate it completely. Is this something you would benefit from? Read on....

The first step to your personal growth with anything you want to change is: Awareness and acknowledgement- here it would be of your fear and the stimulus (that which triggers your emotion) of that emotion. You can do this by:

Beginning to understand yourself and your emotions and your past contributing factors. You can try to do this by yourself by writing, journaling or taking some personal time to explore this on your own, however many people need a trained coach/therapist to ask the specific questions to trigger your memory and the process of deeper exploration, discovery and healing. This will help you understand yourself, thus heal your fear and any accompanying behaviors that are affecting your life. I use some alternative techniques that instantly help speed this process. Give me a call (310) 202-1610 if you can benefit from these advanced techniques.

Also here are some quick simple techniques you can use in the moment of fear that you can also practice:

- Take some time-out to calm yourself, even remove yourself from the stimulus or environment if possible- to get some space and room to take care of yourself. Remember the saying “When emotion is high, intelligence is low!”
- Talk yourself out of your emotions- I teach clients in our coaching sessions an emotional management technique called EMT™ that instantly helps you with your emotions. I also have a home study version included in my Are You Stressed product.
- Breathe: focus on your breath-this physiologically lowers your blood pressure and reduces other stress related symptoms. Also, clears your mind and helps you think more rationally about how to take care of yourself the best.
- Distract yourself from negative emotions or thoughts, focus on something positive. When we substitute a negative stimulus with a positive one, we can often change our

mind and bodies cognitive and physiological response to it as well. I teach my clients to do this with both hypnosis and other more advanced techniques with amazing results.

In the moment of fear and stress you can follow these simple techniques outlined above for instant results. If you need additional more advanced support and help please contact me (310) 202-1610. I would be happy to assist you.

Remember: In order to be the person you have never been, In order to have the life and relationships 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 (and your relationships) in having the best life you've ever had!

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