

## “How do You Fear-Less?”

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

As a behavior specialist and coach I know first hand how fear, anxiety and phobias drastically affect many people every day. According to *Wikipedia*- **“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. If this is 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, panic, anxiety that you can also practice to soothe you:

- **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 private coaching sessions an emotional management technique called EMT™ that instantly helps you manage your emotions. It is an amazing technique that instantly gets you results. I also have a home study version included in my ***Are You Stressed*** product and also in my new book **The Cinderella System**. You can [ORDER it here](#).
- **Breathe: focus on your breath-**this physiologically lowers your blood pressure and reduces other stress related symptoms. Also, it 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 body's 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.
- **Pray, Meditate or Journal- Praying** helps you take your focus off the trigger and place it onto a person or figure (religious person or symbol, angels, fairies, deceased person) you trust to help you. This soothes most people. **Meditation** also is similar by focusing on your breath or a mantra- a saying you repeat over and over again, you take your focus off the fear. **Journaling** helps you sort out your thoughts and feelings on paper and often lessens your fearful feelings and emotions.

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

**Have fun and Remember: In order to be the person you have never been, In order to have the **Life** and **Success** you have never had, You must do what you have never done before: **Give me a call 310-202-1610 or [contact me](#) so I can support you in having the best life you've ever had!****

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relationships professionally or personally, **get your FREE Relationship Success Kit™ at: [www.TheCinderellaSystem.com](http://www.TheCinderellaSystem.com) and your FREE Special Report & Audio Class now at [www.SuccessfulRelationshipsNow.com](http://www.SuccessfulRelationshipsNow.com)**