



## *Fear:*

What is fear?

Fear is the response to uncertainty or perceived threat. It is a physical or emotional response.

**Important info:**

Fear is a made up future that we are projecting based on what is showing up in front of us.

Some fears have a protective role and act as a safety mechanism.

A lot of fear that we currently operate from, that leads to our inaction, is not real fear -

Most fears are a construction of our imagination based on past experiences and or stories that we are telling ourselves about our potential future, that is not our desired plan for life.

**How is fear created?**

**Example:** A fear of public speaking is really a fear of the public's response - what the people will think ....

Our minds create the emotion of fear

Our mind comes up with a story (our thinking) that tells us that we should be scared of that situation.

We can't completely remove fear from our lives -  
we can't completely take away that emotion

Fear can actually be helpful and make us more cautious and aware of our surroundings to keep us safe.

**How to navigate that fearful state -  
How do fear responses show up?**

Neurologically fear and excitement shows up the same way in our life -

It just depends on what story we tell ourselves as to whether it turns up as fear or excitement.

**How we respond determines the way our mind approaches the situation (our thoughts).**

You think of past experiences that have not gone so well or times when you were nervous and now you are in fear.

You think of how much enjoyment you will get from doing the activity, what it will really mean for you to achieve doing it, and now you are in excitement (you have sent a message to your brain that the feelings you have in your body are of excitement.). This is key.

Remember that the body sensations that you feel when you are feeling fear or excitement are the same - which means that often you are mis- categorising what you are actually feeling.

You have the ability to translate your fear into excitement by the story you tell yourself, by the thoughts you think.