

## *A Jumping-Off Point™*

### ***FEAR: The Final Frontier***

*“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do.”*

*- Eleanor Roosevelt*

*Note: I generally like to alternate monthly articles between one having to do with mindset and one that gives tools to implement your vision. Because of the truly moving experience I had at David Neagle's event almost two weeks ago, I wanted to do another on mindset, which I believe dovetails with last month's article. I hope that it serves to under gird your success in attaining and maximizing your vision. - Kate*

At the beginning of every Star Trek episode, the following words are spoken "Space: The Final Frontier. These are the voyages of the Starship, Enterprise. Its 5 year mission... to explore strange new worlds, to seek out new life and new civilizations, to boldly go where no man has gone before." Despite the challenges, dangers and sometimes fatal consequences, the brave Enterprise crew forged on, their desire to make inroads into the vastness of unexplored space urging them on. And though Star Trek was fiction that emerged from the genius mind of Gene Rodenberry, it mirrored reality. Many brave men and women have taken up and will again take up the adventure of exploring space, sometimes at the cost of their lives, because of the burning desire to know what lies beyond us. And though I'm sure that many of them had fear of what could happen in "outer space", their desire overcame their fear.

When it comes to "inner space", many of us tend to be a bit more "chicken-hearted". The frontier of our fear seems to be the one we are least willing to break through. What do we fear? Failure... Success... Rejection... Embarrassment... Humiliation... Loss of Love... Loss of Approval... Loss of Comfort... Loss of Security... the list could go on and on.

We may have a very strong desire, passion, or a vision, but our fear keeps us from doing what it takes to bring it into the "here and now". We get that unmistakable shiver of fear and we are into "fight, flight or freeze" in order to escape the feeling.

The "fight" looks like blaming others or blaming circumstances. The "flight" feels like relief... at first ("Whew, I don't have to find out if I would have looked foolish if it didn't work out"), but then begins to feel like failure. And the "freeze" feels like "wandering in the wilderness", numb, confused, going around in circles unable to accomplish anything of substance.

I had the opportunity to once again face my fears while at the David Neagle "Experience the Reality of Success" seminar. Though I felt I was ready, willing and able to face what I came to face, when push came to shove, I let my fear prevail... at least at first. The internal conversation was pretty interesting... part fight, part flight, part freeze. I had to

laugh at some of the stuff my mind was throwing up at me... this after years of working on myself in therapy (and being a therapist!), coaching, self-help books and programs, EST for gosh sakes... and here I was wrestling demons again!!

The difference was that at least I was conscious of my internal struggle. To be able to observe and not just be in the thick of it was an important part of the process for me. When I finally broke through by taking action... it was exhilarating (and thanks to my wonderful teammates Marcia, Harlee and Adele for being part of that and for continuing to MasterMind with me).

Let me pause here for a second and create a distinction before continuing on to how to address our fears. When I talk about "Fear" in this article, I am not speaking about the fear that comes as a result of a major trauma or severe, chronic anxiety. Major trauma and severe, chronic anxiety are psychological and physiological problems; they are treatable but need to be addressed with a skilled professional. What I am talking about in this article are the fears that are "paper-tigers" ... the products of our imaginations and of the conditioning and programming from our past.

So what do we do with fear? It is, after all, a very powerful primal feeling. It can get so intense that we'd do anything rather than experience it. Aren't we wired to escape it at all costs? Well, yes if we are being chased by ferocious animals or bad guys. When it's an external real fear, you bet... run for your life. When it's an internal, mind-generated fear, there are some steps we can take to break through.

First, here are two things to understand and know:

- Sometimes our minds can tell us things that aren't true. Our minds are not being delusional... the ego part of our minds will do whatever it takes to protect us from feeling pain. Growth can be painful so it makes sense that despite the good outcome, our ego will fight us on growing.

The ego will throw up roadblocks and hurdles if it thinks that pain is on the horizon and we will think that they are real. It will do this with defense mechanisms (rationalizing, intellectualizing) or with symptoms (getting sick, getting a headache or an upset stomach). Talking ourselves out of something we know will be a benefit to us can be a form of rationalizing.

- Indecisiveness, forgetting, disorganization and procrastination are more insidious forms of escaping fear and as such they can fool us into believing that it we are actually wishy-washy, forgetful or scatter-brained and that we "really will get something done, just not now".

Now, with that being understood, it's time to go face to face with the fear:

1. Begin by observing your fear and your thought processes around it.

2. It's best not get caught in the mental machinery of "why" and "what if" ... the reason has so many causes (remember there's all our past experiences as children, our conditioning, the culture in which we grew up, etc.). Do we really need to know the answer... or is this a way of avoiding taking action?

It's not even a good idea to go for the "What's the worst that can happen?"/Worst Case Scenario scheme. Why "consult your fears" for the answers? I like instead this advice from a quote from a warm, wise and faith-filled man, Angelo Giuseppe Roncalli, Blessed John XXIII who was a Pope of the Roman Catholic Church from 1958 until his death in 1963; it gives us excellent advice on how to proceed:

"Consult not your fears but your hopes and your dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what it is still possible for you to do."

3. We need to keep the goal, the dream, the vision in front of us and keep moving towards it no matter what. We need to keep focusing and acting upon it while consciously dismissing the negative voices (internal or external), the worries, and the fear that will inevitably come. Before we know it, we will have crossed the frontier. And more than likely we'll wonder why we were so afraid. And when the next big dream presents itself, fear may return, but it will never again have as much power over us.

Breaking through our fears is an incredible jumping-off point for our growth and success.

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