

From Fear to Freedom

Live life beyond fear in 7 Steps

By Karen at Love my Happy Heart

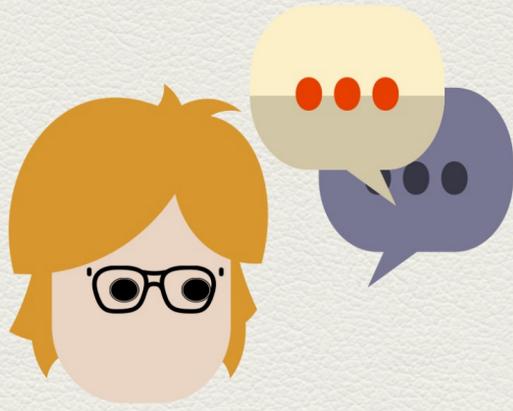


Fear paralyzes us and stops us from living the life we deserve.

How many of these phrases sound familiar?

- What if I can't
- I can't because...
- I might fail
- What if this doesn't work
- I'm too scared

If so, worry not, you are not alone. Fear strikes every one of us, at some point in our lives. It's how we limit its voice and take control over its hindering cloak that matters, if we are to live a happy life. Here's some steps in overcoming your fear and finding freedom.



1 Be aware of your fear

Our first step to freedom is to listen to the language in our head when we're facing something challenging or fearful. Learn what it sounds like, for you. It'll be different for each of us.

Get used to the recurring patterns that crop up in different situations so that you can see the repetitive fears that most hold you back.

Awareness is so key to overcoming our fear. With knowledge we have information and with that we have more power to change.

2 Get to the heart of your fear



When we know the language we're using it helps us to then examine the fear behind it. We normally only have one or two fundamental fears, so being able to strip back our fear will help us see it for what it is.

For each phrase in Point 1, ask these 3 questions:

These will help us get to the heart of what holds us back. Examples might be, fear of losing security, love or being alone, dying, having nothing, losing everything.

What is it that scares me?

What am I afraid of losing or not getting?

What need is fear protecting me from?

False Expectation Appearing Real

3 Understand the nature of fear

Fear is an illusion created by our ego/mind. So we are literally thinking fear, which creates an emotional response.

It only appears real. The reality of its occurrence is less than;

Fear keeps us in a supposed safe place, although not necessarily the right place.

1%

Some fear does serve a purpose and allows us to move into the survival mode, Flight, Fight and Freeze.



4 TIME TO CHALLENGE THE FEAR



Knowing that our fears are self-constructed, means we can just as easily deconstruct them by;

- Write your fears down.
- Draw boxes around each of them.
- In red, draw a cross through them followed by the word DELETE.
- Write down underneath this box,

'This fear is not real, it is just a thought that I am thinking and responding to.'

Now it's time to replace the fearful thoughts with something more positive.

So now, on a new page write a positive statement such as;

- I can achieve this
- I am happy and healthy
- All is well



5 Reprogramming our mind



Our brain is a muscle and as long as we keep exercising it actively, it will serve us well. Don't let your conditioning dictate your future.

We have all the tools we need to reprogramme the way our mind thinks and dealing with our fears is no different.

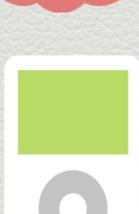
So when we have acknowledged the deep source of our fears, realised that they are an illusion that cloaks our happiness, we can begin to eliminate them will bullets of positivity.

Regularly repeat positive thoughts that can overwrite our fear programmes. It's like playing our favourite MP3 download over and over, once it's in our head we can't stop singing it.

The brain is just the same. Give it a positive thought to hum and you will change its structure. Science says so!

"When you change the way you look at things, the things you look at change."

Wayne Dyer



6 Acceptance gives freedom

Acceptance is one of the keys to happiness and the end of suffering and fear. People criticise it for being a passive activity, although it requires consideration and choice.

When we learn to see things as they are rather than worry, fear or be anxious, then life becomes so much more simple.



When we see a tree rather than something that might fall on us in a strong wind, then we can enjoy it in all its magnificence

Freedom comes from acceptance of the way things are, in spite of whether that meets our expectations. Change our expectations and life changes.

7 Life's too short - so do it!



Dreams are a size too big so that we can grow into them.

Don't let fear or the illusion of fear hold us back. Life is too short to have regrets and wishing we had done something. Keep dreaming, keeping living beyond fear.

Push the button and do it. However it turns out is the way it is intended. Trust in yourself and take action.

www.loveyourhappyheart.com

Inspired by my blog over at www.motoroaming.com. To read the full blog click on this link: <http://bit.ly/1tCR07m>

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