

Move Forward  
with  
Confidence  
&

***Create a Life YOU Love!***

# Fear

Fear is the number one roadblock to moving forward, in my experience. The nature of the fear may vary for everyone, in my experience these are the most common:

Fear of:

- Failure
- Unknown
- Rejection
- Risk Taking

Fear has a way of just showing up when we are trying to make changes and when it does it can stop us in our tracks. You may be feeling like you are moving along great, but then suddenly you are stopped in your tracks by fear. I have experienced this numerous times!

I definitely experienced fear, when I went cliff diving! I was faced with the fear of risk taking, the unknown and failure. I used the steps below to acknowledge and feel into the fear, which allowed me to move past the fear and have an experience that was completely life affirming. (If you want to read more about this story, check out the full blog, [here](#).)

Fear is not something that just goes away, and the more we try to ignore it the louder it gets, like a tantruming child. Fear is common, but it doesn't have to control us. Here is one way that you can deal with fear when it shows up.

Name and acknowledge it!

By recognizing and acknowledging the fear, it seems to take away some of its bite! When I feel the familiar rush of fear I say to it "Hello fear, I hear you and I feel you! (Notice where you are feeling it in your body, and what the fear is saying.)

Ask your fear – "What is it that you want me to know?" Then I take a deep breath, feel into the fear and listen to what it has to say. Most of the time, fear is just there to let us know there is possible danger; like a warning signal. That in itself is not a bad thing, but when it paralyzes us, controls us and holds us back from really living... then it is a problem!

I find when I listen instead of trying to push it aside the fear doesn't get as loud and overwhelming. In my example, I know that the fear was just a warning that I was taking a risk, I was stepping outside of my comfort zone, when I acknowledged that and accepted it, I could move forward and take that jump!

The next time you feel fear go ahead and acknowledge it, ask it what it is trying to warn you about and listen to what it has to say. Then move past the fear!

# Feelings

For simplicity, I am going to sum up all the overwhelming negative feelings under this category.

Anger

Overwhelm

Shame

Anxiety

Guilt.

None of these emotions are comfortable and we often try to run from them. I understand this impulse, although when we do this it usually only makes the feelings stronger, then we are facing a whirlwind of negative emotions. They take over our thoughts and they paralyze us. Here is something you can do when you feel these negative emotions start to flood in.

Be mindful; stop fueling the fire!

The good news is emotions only last 90 seconds in our bodies. That means after the 90 seconds, what fuels the feelings are our thoughts. The best way to get yourself back to balance is to practice mindfulness. When you feel an emotion like anger rolling in, practice mindfulness strategies and, instead of grabbing on to the emotion and creating a story around it, just let it move along.

You can use a visualization for this: Picture the emotion and subsequent thoughts flowing down a river towards a waterfall, once they hit the waterfall they just fall off. This simple visualization keeps you grounded and allows the emotions and fueling thoughts to just flow instead of taking you over.

# Relationship with Self

The next biggest roadblock I have found, I will categorize as 'relationship with self'. This roadblock includes feeling:

Shy

Unworthy

Inadequate

A lack of confidence

Stuck in a negative perspective.

One thing these all have in common is that they involve negative self-talk. When our inner dialogue is negative and self-defeating, we are in a viscous cycle of self-destruction and self-sabotage which makes it almost impossible to move forward.

Here is a way to start dealing with that negative inner dialogue.

Combat the negative with a positive!

One way to deal with negative self-talk is to challenge it with positive self-talk. Simple right! Most of our negative self-talk stems from beliefs we hold and, if we start to challenge the truth of those beliefs, we start to poke holes in them. This can be a process, so stick with it!

If you hear your inner dialogue full of *should haves*, *could haves* and *didn't dos* then start recognizing your accomplishments. For example, instead of saying "I should have completed that assignment faster", (underlying belief you are not good enough), say to yourself "I completed that assignment on time and to the best of my ability and I am proud of my accomplishment." Once you start to notice your negative self-talk, it can clue you into some beliefs that you hold about yourself. This recognition is a great first step to changing those beliefs.

# Now What?

Roadblocks are just that, they are blocking the road ahead they are **not** blocking all roads to your destination. Maybe all you need is to find a new road! Creating new patterns of behaviours to deal with your fears, emotions and self-talk is a great first step to finding that new road!

If you find yourself struggling with roadblocks and want to learn more tools then, my Plan B coaching is perfect for you! I understand it's not easy to make changes, but it is much easier when you have support and guidance along the way!

Contact me for a free 30-minute free consult to see how I can help you:

**Learn to TRUST. Use your STRENGTH. Tune into WISDOM.**

And all the other ways coaching can assist you in moving forward, so that you too can

***CREATE A LIFE YOU LOVE!***

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