

Overcome Your Fears

14 ways to conquer your fears
so you can get on with living



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Contents

Get your fears under control.....	4
1. Get the facts	5
2. Shift your perspective	6
3. Take control.....	7
4. Get support	8
5. Stop!	9
6. Get physical	10
7. Remember yourself.....	11
8. Become aware	12
9. Practise acceptance.....	13
10. Use a technique	14
11. Create a character	15
12. Use your imagination.....	16
13. Find good feelings	17
14. Get spiritual.....	18
Print-and-go-checklist	19
Let the fears dissolve!.....	21
About me	22
Resources	23

Get your fears under control

Although it's perfectly natural and normal to feel fear when facing big changes or difficult situations, if our fear gets out of control, it can seriously impact our ability to function in everyday life.

By using the following strategies, you can begin to bring the intensity of your fears down to a more manageable level.

And when you're not controlled by your fears, you're able to cope better with whatever is happening.

You also tend to make better quality decisions, that you'll be glad you made when you look back later.

All of the approaches in the following pages help you to release the grip of fear, so you can get on with living.

So go through the list, understand why each one is important, and try out the suggestions.

The more of them you can do, the more powerful the impact will be, especially as their effects start to combine.

But importantly, don't feel like you have to do everything all at once, because that will just lead to overwhelm, which is the complete opposite of what we're trying to achieve here.

Just focus on the things that feel easy, doable and **right for you**.

And remember that it's consistent daily action, no matter how small, in whatever way you can manage, that will create the best results.

Let's tackle those fears!

1. Get the facts

Lack of information tends to amplify your fears, because as humans we seem to be hardwired to be afraid of the unknown.

By getting informed, you'll have a clearer picture of what's happening to you, giving you a lot fewer reasons to feel afraid.

Ways you can do this

- ▶ Separate what you do know from what you don't know. This way, you'll more clearly see the gaps in your knowledge, making your situation feel more manageable.
- ▶ Ask lots of questions. The more questions you ask, the fewer unknowns you have to deal with. No question is too silly or too unimportant to ask if having an answer will help you feel better.
- ▶ Become informed about the rules and regulations, facts and figures, and the options that apply to your specific situation.
- ▶ Stick with the evidence. By focusing on information that's well supported with facts, you'll decrease the number of unknowns and wild goose chases you end up on.
- ▶ Understand what you're really struggling with. Much of our fear around change or challenges comes from the fact that we're not clear on what's really happening and why we feel the way we do about it.



Reduce the unknowns

2. Shift your perspective

Sometimes we take on views and opinions about things from all kinds of places, without checking if they're valid or helpful.

By challenging your current perspectives about your situation, you may discover a new point of view that reduces your fears.

Ways you can do this

- ▶ Remember that things are rarely as bad as we think. Our fears in the moment can make our situation seem insurmountable and impossible to handle, but the reality is that there are always options, and many people have been where you are before, and survived.
- ▶ Understand that life is sequence of experiences, separated by moments of tranquillity and apparent normality. Instead of seeing your problem as something being imposed on you from the outside, realise that this experience is a normal part of being human and you just have to figure out how to handle it. Which you will.
- ▶ More often than not, you're in charge of how things unfold, so the urgency you feel may not be entirely real. Unless your situation is life threatening, there's no need to rush. Remove the time pressure so you can evaluate your options, feel more in control and ease those fears.
- ▶ Question your beliefs about your situation. Are they true? Are they helpful?



Find a better way to look at things

3. Take control

Feeling powerless and helpless is a sure-fire way to amplify our fears.

By stepping up and taking an active role in our lives, we reduce those feelings of disempowerment, and diminish the intensity of our fear.

Ways you can do this

- ▶ Realise that you're actually in control of many things that can influence your situation. Sure, you might not be able to control your environment, your government or the people around you, but you can take active steps to improve your immediate situation, such as changing your diet, your exercise levels, your habits and your thoughts. You have a lot more power than you realise to influence how a challenging situation will unfold.
- ▶ Focus on the things you can control, and forget all about the things you can't control. Trying to control the uncontrollable will only increase your feelings of helplessness. So stick with the things you can do something about, and watch your fears dissolve.
- ▶ Decide that you're the one in charge of your life. Don't sit around waiting for someone else to provide the magic solution, because there isn't one.
- ▶ Take an active role in your the situation. The only person who can live your life you is you, so step up and start doing everything you possibly can to make things better.



Decide that you're in charge

4. Get support

Time and time again it has been shown that our relationships with the people around us are incredibly powerful in healing.

So if your fears are getting out of control, make sure you strengthen your support networks so you can bring those fears back down to a more manageable level.

Ways you can do this

- ▶ Ask your loved ones for support. Sometimes it's easy to get swept up in our own experiences, and forget that the people around us might not know exactly what we need. So remember to ask them for help, and tell them exactly what you need.
- ▶ Talk about your fears. When we keep our fears locked up inside our heads, they can rapidly get out of control. So find a friend you feel comfortable talking to, who won't judge or criticise, and share your feelings with them.
- ▶ Join a support group. Sometimes you need to be around people who understand exactly what you're going through, and that's when a support group is ideal. There are lots of options, so choose the one that feels right for you.
- ▶ Get counselling. Sometimes we need the help of a professional to process our fears, and there's no shame in that. Do whatever it takes to get yourself to a better place.



Surround yourself with support

5. Stop!

Sometimes we get so caught up in our fears that we tie ourselves up in knots, and we can't see a way out.

When this happens, the quickest way to loosen fear's grip is to just stop doing anything and everything, and take a moment to reset.

Ways you can do this

- ▶ Take a time out. As hard as it might be when your fears are running rampant, just stop everything that you're doing and be still, even if it's only for a moment. Interrupting yourself in this way can be extremely effective at quelling your fears.
- ▶ Take a long, slow, deep breath. In fact, take three or four. By the time you're done breathing deeply, you will have shifted your physiology - and your state of mind - into a different state.
- ▶ Focus all of your attention on your physical sensations. By turning your mind to all of the sensations you're currently feeling throughout your body, you give your mind something else to do for a moment, which lessens the hold of your fears.
- ▶ When you notice yourself getting caught up in fears, say "STOP!" to yourself, either out loud or inside your head. This can disrupt that runaway train of thought very effectively.



Stop doing anything for a moment

6. Get physical

Paying attention to our bodies and getting them moving is one of the fastest and easiest ways to shift our experience of fear.

Studies have shown that by shifting our physical state, we can shift our mindset, our physiology and our thoughts.

Ways you can do this

- ▶ Stand up and move around. By moving around, we gently move out of our heads and release the grip of fear.
- ▶ Go for a walk. Sometimes when you're caught up in your fears, going for a walk is the last thing you want to do, but it really can make a big difference and help release those fears.
- ▶ Do some yoga. Yoga is another great tool for getting you out of your head and into your body, and it can also help with relaxation.
- ▶ Make sure you're eating well. When we're stuck in our heads, we can sometimes forget the basics. Make sure you're taking time to feed your body so it's better equipped to deal with whatever happens.
- ▶ Get enough sleep. When we're lacking sleep, everything seems harder to do, and it's also much harder to cope emotionally. Give yourself the gift of a good night's sleep.



Give your body what it needs

7. Remember yourself

When we're deep in the midst of a crisis, or feeling totally overwhelmed with fear, it can feel like this is the first time we've been here, and that there's no way out.

But in moments like these, it's important to remember all the things that you have accomplished, and all the things that you are, because then there's a glimmer of light that can lead you forward.

Ways you can do this

- ▶ Take a moment to remember a challenge you've overcome before. Whether it was getting that job, navigating a rough patch in your relationship, or bringing a new baby into the world. You've done hard things and you can do them again.
- ▶ Remember that there's more to you than just your situation. It's easy to feel like every waking moment is defined by this challenge you're dealing with, but you were so many different things before it happened, and you are still all of those things now, and more.
- ▶ Keep your sense of humour. Whether that's watching your favourite comedy shows, sharing a joke with friends, or simply remembering to laugh at whatever life throws at you, finding ways to smile can be incredibly powerful at dissolving your fears.



Remember that you are amazing

8. Become aware

It's easier to get caught up in our fears when we don't even realise we're experiencing them.

By bringing awareness to your fears, you can weaken their hold on you, and take the opportunity to decide whether you want to continue believing in them.

Ways you can do this

- ▶ Observe your fears and fearful thoughts as they arise, but don't necessarily buy into them. Just because you have a thought doesn't mean that you have to believe it. The more you can watch your fears go past without jumping on board, the less they will affect you.
- ▶ Get specific about what you're really afraid of. Sometimes we let our fears balloon into massively vague monsters, but getting specific can bring them back to a more manageable level.
- ▶ Play the "what if" game all the way to the end. Don't just stop at the first thought or fear. Take it all the way to its logical completion, and often you'll realise that the outcome is not as awful as you first imagined.
- ▶ Rate your fears on a scale of 1 to 10. Again, this forces you to look more directly at your fears and get specific, which reduces their power over you.



Observe your fears

9. Practise acceptance

Sometimes we spend so much time and energy trying to not feel afraid, that we end up feeling even more afraid.

Accepting our fears can be a very powerful way to loosen their hold on us

Ways you can do this

- ▶ Stop avoiding your fears. Many times, when feelings arise that are uncomfortable, confusing or painful, we do everything in our power to avoid experiencing them - we overeat, binge watch TV, or just distract ourselves with really long "To Do" lists.
- ▶ Give yourself permission to be afraid. Everyone feels afraid at some point, so what you're feeling is perfectly natural and normal. Let it be OK to have fears.
- ▶ Accept your feelings. No matter what you're feeling, it has to be OK to feel it, because that's where you're at right now. So take a moment and begin to notice your feelings and allow them to be.
- ▶ Feel your fears. Beyond just noticing and allowing, really dive into your feelings. This can be really scary to do, but it also can be an incredibly powerful way to start dissolving those fears.



Notice and allow your feelings

10. Use a technique

There are heaps of great techniques around that can help you work through your fears, and begin to feel more in control.

Keep trying different techniques until you find the ones that you enjoy and seem to work best for you.

Ways you can do this

- ▶ Start a journal. Writing things down can be a great way to disengage from the steady stream of thoughts running through your mind, and it can also help your subconscious mind to feel a sense of closure on the issue. Use a journal, write on scrap paper, or use an application on your phone or computer.
- ▶ Meridian tapping or Emotional Freedom Technique (EFT) is a very powerful tool for releasing stuck emotions. Find a local practitioner, or search for "EFT" online and learn to do it for yourself.
- ▶ Ask simple-yet-powerful questions to release your fears using the Sedona Method by Lester Levenson or The Work by Byron Katie, and watch your fears dissolve.
- ▶ Reprogram your mind to shift your perspectives on fear using hypnosis or Neuro-Linguistic Programming (NLP). These approaches may not be right for everyone, but if it feels right to you, give them a try.



Find the techniques that work for you

11. Create a character

A very effective way to deal with your fears involves turning them into a character or "personifying" them.

By imagining them as something outside of you, it gives you the space to question them, examine them and treat them differently than you would if they were still stuck inside your head.

Ways you can do this

- ▶ Treat your fears like you would a scared four-year-old child. Soothe them and settle them down, without taking their feelings too seriously or taking them on personally.
- ▶ Create a whole character that represents your fears and imagine them standing next to you, or chattering away inside your head. Give them a name and talk to them when they start bringing up all the usual fears. For example, "Thanks, Scared Sally. I appreciate your concern, but I'm going to do this anyway."
- ▶ Question your fears as if they were a whole other person. Ask them where they come from, whether they're true and what they're trying to tell you. Sure, it might feel like you're having a conversation with yourself (and you are), but you might just learn a thing or two that helps you turn down the intensity of your fears.



Turn your fears into a character

12. Use your imagination

You have a very powerful imagination, so use it your advantage.

By taking control of the images running through your mind, you can also direct your thoughts and feelings, and release the hold that your fears have on you.

Ways you can do this

- ▶ Visualise being in the most wonderful place in the world. Create the experience in full colour and detail in your mind's eye, and really feel like you're there. The pleasant feelings you generate can help to relieve the stress of your fears.
- ▶ Imagine the best possible outcome for your situation. Create a future "memory" of everything turning out well, and revisit this fear-free experience on a regular basis to give you a break from your fears and to help you stay focused on what you want.
- ▶ Use your imagination to paint a picture of the absolute worst possible outcome. While this may not be as much fun as the previous two suggestions, it can help you get more specific about your fears, which will reduce their intensity and help them feel more manageable. And if you can make your daydream SO extreme that it becomes ridiculous, you might even get a laugh out of it, which will also help you take your fears less seriously.



Use the power of imagination

13. Find good feelings

Did you know that it's impossible to feel good and to feel afraid at the same time?

By finding ways to feel good on a regular basis, you simply leave less space for those fears to occupy your mind, and you feel good more often!

Ways you can do this

- ▶ The simplest way to feel good is to do things that make you feel good. Make a list of everything you know that you love to do, and practice doing something from that list every day.
- ▶ Distract yourself from your fears by taking a moment to appreciate something, or feel gratitude. You don't have to choose something big either. In fact, sometimes the smallest things are the easiest to appreciate. Just find something - anything - to be glad about.
- ▶ Find a way to reconnect with love. Whether it's for your partner, your children, your friends or your pets, focus on your love for them and just bask in those good feelings for as long as you possibly can.
- ▶ Take what you're feeling afraid of and flip it around. Either imagine it as being the complete opposite, or find something about your current situation that is actually a positive.



Find ways to feel good

14. Get spiritual

Being confronted with something super scary can be an opportunity to reconnect with the things that are most important to us.

By becoming more spiritual, in whatever way is meaningful to you, your fears recede gently into the background, allowing you to find a sense of peace in all of this.

Ways you can do this

- ▶ Refocus your life on what is most important to you. By focusing on what really matters, you leave less room for fears and worries.
- ▶ Deepen your spiritual practice. Whether that's going to church, spending time in nature or exploring metaphysics, connecting with the bigger picture of life can be very powerful.
- ▶ Pray or meditate. Both of these practices allow you to spend more time with yourself in a peaceful, loving state, which makes it easier to maintain when you're immersed in the rest of your life.
- ▶ Trust in the process. As challenging as this can be, by having faith in whatever unfolds, you fight the process less and have more energy available to see the positives.
- ▶ Find the gift. In every experience, no matter how difficult, there is a gift for us. Maybe we reconnect with someone, maybe we learn something about ourselves, maybe we realise what's most important. But there's always a gift and our job is to find it.



Reconnect with what's important

14 ways to overcome your fears

- ✓ Get the facts
- ✓ Shift your perspective
- ✓ Take control
- ✓ Get support
- ✓ Stop!
- ✓ Get physical
- ✓ Remember yourself
- ✓ Become aware
- ✓ Practise acceptance
- ✓ Use a technique
- ✓ Create a character
- ✓ Use your imagination
- ✓ Find good feelings
- ✓ Get spiritual

**"Fear keeps us focused on
the past or worried about
the future.**

**If we can acknowledge
our fear, we can realise
that right now we are
okay."**

- Thich Nhat Hanh

Let the fears dissolve!

Well done for making it to the end of this guide.

You now have fourteen strategies that you can start using right now to overcome your fears, so that you can make decisions and get on with living.

Start wherever you are, with whatever you can do, and know that anything you can do will make a difference.

And remember, if you try something and it doesn't seem to work, don't get discouraged. Just try something else, and keep trying until you find the things that work for you.

I recommend that you print out the list on the previous page, and put it somewhere that you'll see often, to remind you to keep doing whatever you can to manage your fears, every single day.

When you're ready to take even more control, make different choices and create life on your terms, please visit my website for more tips and resources.

And may you have a wonderful day!

Nicola

WisdomStirring.com

About me

I believe...

- ▶ That we all have an inner guidance system that gently pushes us towards the things that are best for us, if we only take the time to stop and listen
- ▶ That information is useless if it doesn't allow us to take practical, relevant action to change our lives
- ▶ That there is no ONE right answer to any question, situation or problem, but instead we each need to discover our own unique answers
- ▶ That the world is in serious need of upheaval, and that innovation and courage is what's required to create the beautiful world our heart knows is possible
- ▶ That learning to trust the Universe is absolutely essential if we're ever to make the kind of difference we want to make
- ▶ That the status quo is boring and yesterday's news, and that the promise and potential of tomorrow is the most intoxicating and exhilarating thing in existence!



Hi, I'm Nicola

I've been exploring my spiritual side since I was a young child. I want to share what I've discovered along the way to empower you to take control, think for yourself, live authentically and create a more meaningful life on your terms.

You can find out more about me and get in touch here:

Website <https://wisdomstirring.com/about/>

Resources

If you want to learn more about creating a deliberate, fulfilling life that's right for you, here are some of my favourite books that have helped me along the way:

- ▶ [Finding Your Way in a Wild New World](#) by Martha Beck
- ▶ [Decisive](#) by Chip and Dan Heath
- ▶ [Upstream](#) by Dan Heath
- ▶ [Work the System](#) by Sam Carpenter
- ▶ [Will It Fly](#) by Pat Flynn
- ▶ [Instantly Directed Manifestations](#) by Richard Dotts
- ▶ [Rich Dad Poor Dad](#) by Robert Kiyosaki
- ▶ [Psycho-Cybernetics](#) by Maxwell Maltz
- ▶ [Astrology for the Soul](#) by Jan Spiller
- ▶ [Sick to Fit](#) by Josh Lajaunie and Howard Jacobson
- ▶ [The Pleiadian Workbook](#) by Amarah Quan Yin
- ▶ [Human Design](#) by Chetan Parkyn
- ▶ [Energy Medicine](#) by Donna Eden
- ▶ [How Not to Die](#) by Michael Greger
- ▶ [The Body Keeps the Score](#) by Bessel van der Kolk
- ▶ [The Big Leap](#) by Gay Hendricks
- ▶ [The Emotion Code](#) by Bradley Nelson
- ▶ [Milk the Pigeon](#) by Alexander Heyne

It's an eclectic mix, and not every book will be a fit for you right now, but hopefully you'll find something in there that sparks the next step towards a more meaningful life.

I wish you all the best on your journey to a better future.