

1. **Fear - what is it and where does it come from?**
  - a. The known (*childhood, past experiences, etc.*)
  - b. The unknown (*when we honestly don't know what will happen.*)
  
2. **Rational vs. irrational fear.**
  - a. Seems like most fears have two parts – some kernel of truth; but much of what we're afraid of will never happen. (*And those can be the most crippling parts.*)
  
3. **Methods for dealing with fear**
  - a. **See it as useful and normal.**
    - i. The rational parts can warn us of impending danger or harm. (*Ask yourself, what's 'true' here and what can I do about it?*)
    - ii. Remember that abnormal feelings in abnormal times are perfectly normal. (*Don't expect to feel great when your situation is tough.*)
  
  - b. **Stare at it and pick it apart.**
    - i. Don't avoid it – face up to it and it gets smaller (and vice versa)...you can do that alone or with others, but it's important to get it out there.
    - ii. As you look, differentiate between the parts that are real, and the parts that are aura and then CHOOSE what you're going to believe about it. (*Yes, you can choose what you feel!*)
    - iii. Seek wise counsel – don't be alone and afraid (*Especially when you find the real parts of that fear, get help.*)
  
  - c. **Ignore it.**
    - i. Don't let that fear control you – block out specific regular time to DO something about it (stare, act, etc), then absolutely refuse to consider it the rest of the time. (*Train your own mind.*)
    - ii. Learn to say “Not now.” (*Just play the next part of the hand.*)
  
  - d. **Stop being at “odds” with your circumstances.**
    - i. When things aren't the way we want or expect, we are at odds – being at odds with things that are bigger than us create the opportunity for fear. Instead, try to view yourself as part of the whole of that circumstance. (*Just part of the way things are today*)
    - ii. Remember that often change is painful, but we can only move ahead by being willing to let go of the past...don't want the past so much that all different future pictures look scary. (*Don't be afraid if you need to make substantial changes.*)
  
  - e. **Detach from expectations and guilt.**
    - i. Look at the expectations you have and decide which are physical/unchangeable, and which can be altered. (*It's binary – either you can do something or you can't*)
      1. Detach emotionally from the ones that you can't do anything about. (*That doesn't mean don't deal with it; it means separate out the feelings from the actions.*)
    - ii. Stop feeling guilty. (*Conviction about some legitimate failing is OK, guilt is not; beating yourself up is absolutely unproductive...so if you are beating yourself up, you should beat yourself for doing that.*)
  
  - f. **Act anyway.**
    - i. Theory of constraints...do ONE thing: motion begets motion (*Stop looking at the whole thing – it might be too scary; just focus on next step*)

- ii. Reward yourself for the right activities, not just results (*Train your mind with small, positive reinforcements when you do well.*)

**4. How to believe in yourself when you don't feel like it.**

- a. Ask yourself what you deserve – remember that life doesn't always deliver what you really deserve. (*And we tend to translate that fact into "I did something wrong," or "Something's wrong with me."*)
- b. Remember who you are and what you've done that's positive (*Yes, there are lots of things!*)
- c. Purposefully DO things that you CAN control and feel good about completing.
- d. Work on gratitude – see the other side.

**5. Daily routines that help.**

**a. Out with the bad –**

- i. If you have lots of negative thoughts, put them on paper and burn them if you need to – just get them out.
- ii. Get clear about what there is to be afraid of – brainstorm a list of everything you can think of for 10 minutes: "What stands in the way of me succeeding at job hunting right now."
  - 1. Keep an 'anxiety tracking list' for a week: see what causes you fear each hour and then analyze what you can and can't control.

**b. In with the good -**

- i. Affirmations – build some good things about you and review them regularly (*to purposefully counteract the negative speak so many of us live with.*)
- ii. Gratitude – every day have 'gratitude time' and write down things you're grateful for (*to keep perspective.*)
- iii. Dream – really dream and get to the best picture of what you really want (*often fear and inaction are there because we don't know what we want.*)

**c. Take care of you -**

- i. Exercise and better health habits – eating, drinking, etc.
- ii. Don't neglect yourself – love yourself and be kind to you

**d. Find mentors and people who can help you –**

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