

FEAR FACTS

***“STANDING IN THE TRUTH OF YOUR FEARS
AIN’T FOR THE FAINT HEARTED”***



INTRODUCTION

So, what if you lived your life without fear?

What if you broke through barriers as they arise and live the life of a conqueror and a vanquisher?

Seems impossible, doesn't it? What you do need to know is that it is very much possible to break through barriers, to overcome fear, to live the successful life you were meant to live. Your dreams are achievable, and all that all you need to reach the stars is to get out of your own head, to overcome the fear that has held you bound and to break through the barriers that currently hold you captive.

It is possible, dear friend, for you to be all that you were destined to be, to stand in your own truth, to be not just a great person but an inspiration to others. All you have to do is liberate yourself from the clutches of fear. This book of affirmations is set to help you do just that. Written by someone who's been there, done that; by someone who herself has been through hell and high waters to stand today as a victor, it hits the nail on the head, procures solutions to help you get out of your rut, and provides you with the necessary encouragement to get you moving.

Why affirmations?

Affirmations refer to the practice of self-empowerment through positive thinking, arising from the belief that a positive mental attitude supported by affirmations will help individuals achieve success in anything. By definition, affirmations are carefully formatted statements to be repeated to one's self. To be effective, affirmations need to be present tense, positive, personal and specific.

And one thing you should know; Affirmations are much more than quotes and positive statements that help you feel good. Rather, they are statements that are repeatedly spoken to encourage and uplift the person speaking them, therefore making it the language of the brain.

The human brain is a complex and intricate network of information that is being processed every single second, so it tends to take everything we think and say very very literally. And literal communication affects our emotions, behaviors and physical well being. It is also important to know that the brain communicates in the present, not

in the future or past, and everything that happens in your brain is happening in the moment.

Because of this, your brain processes the information literally when you think a thought, and prepares you for the action that should immediately follow that thought. For example, if you think that the day ahead of you is going to be a good one, your brain has heard “good day” and starts firing off all the connections to make that day great.

This is why affirmations are important.

This book is for everyone needing to leave the valley and climb the mountain top, but it is especially dedicated to women.

Let’s face it. The world is radically different for girls than it is for boys. This is because discrimination based on gender often starts at the very earliest stages of life. There are great disparities in the way girls and boys are raised and treated and while adolescence is usually a time for expanded participation in community and public life for boys, girls most usually experience new restrictions, and find their freedom of movement limited. In the past, socially constructed gender roles also had a way of giving girls little say about their own dreams and hopes. The situation has definitely improved, but many women still live lives full of fears. Not only do we have the world to contend with, we also usually have our own private and internal battles of self-discovery.

Fear is one of the universal connectors of women, the one thing that we almost always share in common. Whether a successful business woman in a first world country or a peasant woman working the rice fields in a developing country, we all bow down at the feet of fear. Whether a stay at home mom or a high-powered executive, we all bite our nails with fear at major (and even sometimes minor) life decisions. This fear has a major but fully negative impact on the development of a woman’s being, and puts a huge dent in her self-confidence. This definitely shouldn’t be.

We all have the God given right to be bold. We all have that God given ability to be confident and live life without the bondage of fear.

A woman should strive to be bold, to be courageous, to be proud of whatever battle scars she has (because we all have them), to be confident in her own skin and body. This is a priority if she must attain her goals in life.

This is why we all must find the answers to why we are operating in the rut that we are, and what we can do get out, to chase our dreams, to be on the top of our game.

We must learn to face our fears head on, because this is the only way we can conquer it, and come out winners.

CHAPTER ONE

DEFINING FEAR AND BARRIERS

There is the dictionary definition of fear, and there is the fear definition of fear. Webster's unabridged dictionary defines it as "A concern or anxiety. A distressing emotion aroused by impending danger, evil, pain, etc., whether the threat is real or imagined". Merriam-Webster's dictionary defines fear as an unpleasant often strong emotion caused by anticipation or awareness of danger. The problem is that while we are sometimes in anticipation of danger, there is sometimes no actual threat of danger. Despite this, we live in dread, in anticipation of what might not likely happen.

The dictionary definition of fear holds no candle to the fear definition of fear. Fear in real life is that awful dry feeling in your mouth, your heart threatening to beat out of your chest, that wobbly feeling in your knees and that unstoppable tremor in your hands when confronted with the trigger or source of your fear. But to be truthful, fear is natural.

Only when we allow it to take over our whole lives is it not.

We all have issues in our lives, and fear is a natural emotion and a painful way to deal with these issues. From childhood to adulthood, from the time we were small children to the time we go to our graves, we will all have something to fear, and it is important to understand that we were even born with some of those fears.

As children, we had the fear of being abandoned. We feared loud noises. We feared falling; if you've ever held a newborn baby, you will notice the way they fling out their arms in reflex when they feel like they are about to be dropped.

As we grow older though, our fears morph into something bigger, and a lot of the time, this bigger thing tends to take over our whole lives. More often than not, in most cases than not, we are today carrying about extensions of our childhood fears that are now bigger than life themselves. And the difference between a child's fear and an adult's is the child's free-spirited attitude regarding life without limits; whereas, adults are hesitant, guarded and limited.

Because we all have something to be afraid of, this fear has been rationalized by many people to be normal. We avoid getting off our butts and doing stuff because our fears are so powerful that it is easier to avoid doing things that confront the fear. We fear failure. We fear disappointment. We fear the bitter taste they bring to our mouths. So, we do nothing. We are hesitant to take risks. We live in a bubble, afraid to step out of our comfort zones, afraid to live life the full way it was intentioned to be lived.

And women have more than their share of things to be afraid of. For centuries, women have been victimized. She has been taken advantage, has been portrayed to be less than her capabilities. In the past, a woman was culturally less of a human than a man was, made to feel worthless and with very little value. In some cases, she was actually regarded as the man's property, to do with as he wished. Thus, women have always traditionally suffered from prejudice and discrimination.

Today, the case is different, but not fully so. Today, most women recreate the sordid history of enslavement and sacrifice, putting everyone else above themselves, putting themselves in subservient positions to men and even their own children. This is in no way wrong, but what is wrong with the picture is the woman being unaware of the power that she has within her to change the history of women forever.

Women don't often place a value on themselves and their capabilities, forgetting that they are one of the most "precious" beings on earth, designed to prosper and rise above anything; and not understanding that the human race relies on her for strength, motivation and life. Today's woman is more often than not oblivious to her potential, and instead ekes out an average life at best. She is constantly being held back by her fears of what if, what if.

There are many fears confronting a woman, but the most common ones are fear of the unknown, fear of rejection, fear of making a mistake, fear of the future, fear of change, fear of success/failure, fear of acceptance/disapproval, and fear of taking risks. This list might look amusing, but it is important to know that we fear success sometimes as much as we fear failure, that we fear acceptance sometimes as much as we fear disapproval. Interesting, isn't it?

Now, here's the good news.

While the effects of fear may seem powerful, it's not as powerful as you think.

Fear is powerful, but you are more powerful than it. You are a sum total of strengths that far outweigh your fears.

This means that you can triumph. You can immediately decide right here and now to take back your power and get the fortification that you need to push through.

No matter if you are a spring chicken or if you are old, no matter if you are wealthy or not, no matter whether you are male or female, fear will confront you and you will have to take action to break through.

There must be an effort on your part to break through the fear; you must take action and let go of the things that are holding you back. Fear has no other mission than to destroy you, and the only way to break free of this is to jump in there and face the things you are afraid of. You must pick up the broken pieces, pull yourself together, plunge into your fears and fight for your right to become the woman you were designed to be.

There are many women who have gone ahead of us, who have faced worse things than you and I have faced, and who have overcome their challenges through sheer grit. We all know and love Oprah Winfrey.

Coming from a background of poverty and sexual abuse, Oprah is today an American media executive, actress, talk show host, television producer and philanthropist. She is best known for her talk show The Oprah Winfrey Show, which was the highest-rated television program of its kind in history and was nationally syndicated from 1986 to 2011 in Chicago. Dubbed the “Queen of All Media”, she was the richest African American of the 20th century and North America’s first black multi-billionaire, and has been ranked the greatest black philanthropist in American history. She has also been sometimes ranked as the most influential woman in the world.

Now having defined fear, what exactly are barriers? And what does it mean to overcome barriers?

A barrier is a fence or other obstacle that prevents movement or access. It is a circumstance or obstacle that keeps people or things apart or prevents progress.

In this book, we are much more concerned about mental barriers. A mental barrier is a psychological condition, a barrier that we put in our minds that keeps us from doing something or acting upon something. Mental barriers and fear can control people’s entire lives and destiny and leave them crippled.

But you can shake yourself loose.

You can begin to act, irrespective of fear. You can begin to act by pulling down the mental barriers that you have erected.

Here are some affirmations to get started:

I am fearless.

There are no stumbling blocks that I cannot overcome.

My life is beautiful.

My life is moving in the right direction, irrespective of obstacles.

I am my own best source of motivation.

Tests and trials are opportunities to improve and grow.

I can accomplish my tasks and responsibilities.

I become a better version of myself daily, one day at a time.

I am not afraid of obstacles.

I make a positive difference by getting up daily and doing my best.

My actions are fearless and intentional and bring me closer to my goals daily.

I am solution-driven.

My life is a life of lessons, and I am grateful for my journey.

Everything is possible.

I let go of living in fear of mistakes and failure.

I have unlimited power.

I am intentionally creative and open to new solutions.

I am enthusiastic, confident and persistent.

CHAPTER TWO

IDENTIFYING AND CONFRONTING YOUR FEAR

To find a lasting solution to your fears, to truly break free and break through, you must first identify that fear and confront it headlong. There is no solution under heaven applicable to a problem that has not been identified, so the very first thing you must do is to identify your fear.

Some of us fear the unknown, that dark cloud of uncertainty that is in our futures.

Some of us fear making mistakes, so we don't take bold steps so that we are not ridiculed if we do make a mistake. We stay with the familiar and do only those things we are sure we won't suck at.

Some of us fear rejection. We are afraid to reveal our true feelings, afraid to be vulnerable, afraid to put our best foot forward. What if they tell us no? What if they don't embrace us the way that we do?

We fear the future. What if it is not what we dreamed of? What if the future only holds as much pain or as much torture as the past did or as the present does? We fear change, because the familiar is comfortable. It feels broken in and seem a lot more appealing than an unknown and untested future.

We fear failure. Let's face it, who wants to fail? Then we also fear success. This seems almost unthinkable. Why would anyone fear success? Well, the excitement of success can feel close to anxiety for some. There is another side to the fear of success. Because most of us have gotten our hopes up in the past concerning a new endeavor and failed, we are afraid to get our hopes up again. In other cases, we've been told by many people that we were losers, and we have internalized such negative feedback and are of the wrong opinion that we don't deserve success.

Then some of us fear not being accepted just as much as we fear being accepted. The fear of being accepted is just the flip side of the fear of not being accepted. The fear of rejection usually stems from past experiences. We have felt great pain and disappointment and heartache in the past and do not want to experience these emotions again. What happens after we've been hurt badly is this: we tell ourselves that we should never be fully open again because pain will be the ultimate outcome. So, when we meet someone/people who accept us where others had rejected us in the past, we immediately put up a wall and are afraid of being accepted in the first place, as we believe that it will eventually end in heartache and disappointment.

What is your fear?

What exactly are you afraid of?

What keeps you up at night?

What makes you tremble uncontrollably in your shoes?

What makes you bite your nails to the quick?

Identify your fear, and believe you me, there is nothing special about your fears. It is by no means exclusive to you. Many other people have that same exact fear that you have.

You already know how to live in fear, but do you know how to live without it? This is the million-dollar question.

When you make a conscious decision to stop living in fear, the decision is enlightening and empowering because it makes you take ownership of your life and forces you to be accountable to yourself.

The simple and inevitable truth is that you have two choices in life: to live in fear or to live fearless.

The choice to stop living in fear is one of the most transformational experiences you will ever have and the best decision you will ever make. The only requirement is to “let go” and believe you can do it.

Identifying your type of fear is a huge step toward facing what you are afraid of. This moves you further away from your character in fear and closer to who you really are. You were not born to fear, you were born to overcome the characteristics of fear that define you and hold you back. It is up to you to make a conscious decision to live without fear.

Now that you’ve identified your fear, you must really examine what it is that you are afraid of. You have to constantly work on yourself, find what blocks you, and then directly confront your fear by facing it. There are no instant fixes, but if you work at facing and confronting these fears, you can start to overcome them.

It is perfectly normal to want to avoid and run away from the things you fear. But avoidance is definitely not the way to go because it stops us from learning that the things we fear are not as bad as we initially think.

The process of facing fears has been defined as EXPOSURE in psychology. Exposure involves repeatedly going into feared situations gradually until the fearer feel less anxious. The process is simple but groundbreaking. Starting with the few situations that are less scary, you have

the opportunity to work your way up to facing the bigger situations, thoughts and things that cause you a great deal of anxiety. As time passes, we tend to build up confidence in those situations, having taken the fear factor out, and this process often happens organically and naturally. Someone who is afraid of the water can push herself out of her comfort zone by taking swimming lessons every week. she might proceed to practicing s putting her feet and legs in the water, then the whole body and, one day, diving underwater. Thus, people with a fear of water can eventually learn to love swimming. Someone who once feared driving might even go ahead to become a race car/stunt driver. It happens.

This however does not happen overnight. You've got to give yourself time, time to become a new person, time to grow out of your fears, and time to build up the required confidence to face life headlong.

For exposure to work, you must be ready to put in some work and then some patience. The first step is to make a list of the situations that you fear. For example, if you are afraid of social situations, your list may include: saying hi to a new neighbor; asking a stranger a question; calling a friend on the phone; or making small talk with at the coffee shop.

The second step is to determine how much you really are afraid of that situation. For someone who is anxious in social situations, the fear of sitting down by herself to have a meal in a restaurant might be much scarier than the fear of picking up fast food and driving away to go eat in the comfort of her own home. The first might be rated as extreme fear while the second might be a much more lighter fear.

This person will have to work on overcoming the fear of picking up fast food to go chow on at home before she can proceed to working on sitting down and eating by herself in a restaurant. This is the third step. Fear usually comes in sizes and stages, and should be dealt with step after step.

Starting with the one situation that makes you less anxious than the rest, repeatedly engage in that activity. If you stay in a situation long enough, your anxiety will start to reduce.

It is important that you practice on a regular basis. You can practice some steps daily while other steps can only be done once in a while. However, the more often you practice, the faster the fear will fade.

Finally, reward yourself for staying in that situation. Buy yourself a special gift. Cook yourself a special meal. And your reward might not be anything more than a mental pat on the back while telling yourself, "good job".

Affirmations to encourage you:

I am an action taker

I am fearless

I am free from the fear of failure

I am determined and confident

I am the kind of person who keeps pushing until I break through

I am persistent and fearless

I embrace failure, learn its lessons and grow from it

I accept every challenge with confidence and enthusiasm

I always push through

I always find a way to succeed

My mind is highly focused on success

When things get hard, I will not quit

I am positive and determined.

I am naturally fearless.

Gaining strength from hardship is something that I do naturally

I succeed always despite setbacks

Being motivated and positive is normal for me.

CHAPTER THREE

HOW TO START OVERCOMING FEAR

Here are some detailed steps to overcome fear:

Awareness: Be aware that your fears are causing problems in your life. You are not your fears but it's easy to get so involved in your negative thoughts and feelings such that you think they are all that exist. This is not the truth because you are not a sum of your fears. You are much more than that.

Identification: This is what we did in the prior chapter; identifying your fear. For rehashing purposes, get specific about what exactly you're afraid of. What are you really scared of? Get curious and find out about the thoughts that generate your fear, where you feel that particular fear, and how you react to it?

- **Start a journal:** Get your fears down on paper, because trying to think them through logically doesn't usually work.
- **Talk:** Talk to others about your fear. A lot of the time, we hold our fears in because we are afraid of how others might react. Talking helps, so talk to others, particularly closed ones.
- **Practice gratitude:** Whenever you feel fear, switch it over to what you are grateful for instead. It tends to take the bottom out of your fear.
- **Therapy:** You might want to try therapy if talking to loved ones does not help. This can be life changing.
- **Get a Life Coach:** A life coach worth his weight can help you determine what exactly you want from life, and the origin of your fears.
- **Read up:** Reading a good book on your specific fear can open new doors on how you can get rid of it. Also, read a lot of motivational and inspirational books to help you get rid of your fear.
- **Get Perspective:** Learning to deal with fear is all about putting your negative thoughts in perspective. Look at all the options, and you will find out that you are making a huge deal out of nothing. Stop focusing too much on the negative.
- **Positivity:** Whenever fear comes calling, why not turn it over. Instead of concentrating on something

terrible that can happen, why not think of something positive.

● **Take action:** Fears are just fears, and they are created by our imagination to make our reality seem scarier than it really is. When you act and boldly face your fears, such fears become weaker, simply because you end up realizing that reality isn't as bad as your thoughts/imagination.

● **Breathe:** Learn to take a deep breath when faced with your fear. It can ground you in the now and help you vanquish and overcome your most pervasive fears.

Here are affirmations for you to say:

I am fearless.

I am strong.

Fear exists only in my imagination.

I have everything within me already to conquer my fears.

I am courageous.

I am brave.

I will overcome my fears.

I am confident.

I have all the bravery I need to defeat my fears.

I am in total control and have absolutely nothing to fear.

My mind is full of optimism and love.

I do not live in fear of obstacles.

All my life experiences support me and push me towards growth.

Fear is nothing more than an emotion.

There are no difficulties that I cannot overcome.

I focus on the positive outcomes.

Fear is simply a feeling that will ebb as I truly let go and move forward.

I will stop holding onto my fears.

I do not in any way give unnecessary power to my fears.

I make a choice to move beyond my fears.

I am truly free from all doubts and fears.

I will not dwell on my fears.

I will take action in spite of fear.

I accept and then release my fears.
A lot of the things I fear do not exist.
I will stay persistent and work hard, even when the going gets hard.
Trials are opportunities for me to grow and improve.
I do all the things I fear because I am in full control of my life.
I persist when the going gets tough.
I am constantly challenging my fears in order to expand my comfort zone.
I know my fear will retreat when I take action.
I will no longer fear mistakes and failures.
It is a conscious choice to feel safe and confident at all times.
I will keep going forward until I succeed.
I open my heart to courage and inner strength.
I will use failures and errors to build a road to my success.
I will work hard to understand my fears in order to weaken them.
My aspirations and dreams are more powerful than my fears.
I am safe and loved, and I know it.
All my fear is gone.
All is well.

CHAPTER FOUR

GETTING FREE - DISCOVERING WHO YOU ARE

Once you begin to face your fears, you are on the path to recreating a history filled with hope and perseverance for women all over the world. You have what it takes to defeat fear because you are a divine being, created to overcome anything in life. You are not powerless, you are extraordinarily powerful!

Some other women have walked the same path than you are walking. Some failed, but many more succeeded. And today we can look back and applaud the ones that did succeed. But they didn't just succeed by chance. They succeeded by facing their fears, by standing their grounds and by insisting on not being any less than the great individuals they were destined to be. Here are a few examples to get you charged:

Oprah: Oprah is today an American media executive, actress, talk show host, television producer and philanthropist. She is best known for her talk show *The Oprah Winfrey Show*, which was the highest-rated television program of its kind in history and was nationally syndicated from 1986 to 2011 in Chicago. Dubbed the "Queen of All Media", she was the richest African American of the 20th century and North America's first black multi-billionaire, and has been ranked the greatest black philanthropist in American history. She has also been sometimes ranked as the most influential woman in the world. And this was a woman who rose from extreme poverty in rural Mississippi after being born to a teenage single mother.

Sojourner Truth: Born Isabella Baumfree in 1797, Truth was an African-American abolitionist and women's rights activist, even before activism became a thing. Truth was born into slavery but escaped with her infant daughter to freedom in 1826. After going to court to recover her son, in 1828 she became the first black woman to win such a case against a white man.

In 1851, at the Ohio Women's Rights Convention in Ohio, she gave a speech that became widely known during

the Civil War. It was titled "Ain't I a Woman?," In 2014, Truth was included in Smithsonian magazine's list of the "100 Most Significant Americans of All Time".

JK Rowlings: This woman has an extraordinary rag to riches story. From living on state benefits in the UK, she rose to become the world's first billionaire author. She is best known for writing the Harry Potter fantasy series. Working as a researcher and bilingual secretary for Amnesty International, she conceived the idea for the Harry Potter series while on a delayed train from Manchester to London in 1990. The seven-year period that followed saw the death of her mother, birth of her first child, divorce from her first husband and relative poverty until the first novel in the series, Harry Potter and the Philosopher's Stone, was published in 1997.

Now that you have met these great women here on the pages of this book, you need to rise up with the confidence that you too can. You too can be all that you ever want to be. You too can refuse to be held back by fear.

In conclusion, here are some affirmations for success:

I have all that is required to make today a great day.

I possess the necessary knowledge to make smart decisions concerning my life.

I am enough, and will always be.

I release all negative feelings about myself, and accept all that is good about me.

I understand and accept my own self-worth.

I am a courageous person always willing to act and face my fears.

I attract only the best of circumstances always.

I have the best people in my life to help me actualize my dreams.

I have power that is unlimited.

I create only the life that I want and enjoy it.

I trust my instincts and I make wise decisions always.

I am always focused on my goals.

I am passionate about my work.

I am living life to my full potential.

I hold up well under pressure and feel motivated always.
I have the power needed to create the success and wealth that I desire.
The world is filled with unending opportunities for my life and career.
I am open-minded and eager to explore new ways to achieve success.
I celebrate each task that I accomplish with joy and gratitude.
My life is happy and successful.
I have the needed courage to create positive change
I can never fail.
I am a self-reliant, creative and persistent individual.
I will make powerful contributions to my world.
I am valuable and make worthwhile decisions.
I wake up every day ready for exciting possibilities

