



CHAPTER ONE



Beat fear



Chapter Summary

In this chapter, Mel Robbins shares her personal journey of overcoming the fear of flying through the application of the 5 Second Rule and the creation of anchor thoughts. She describes how fear can trigger irrational behavior and how planning can prepare you for anxiety. By visualizing positive outcomes associated with upcoming experiences, one can lessen fear's grip. The technique involves counting down and focusing on what awaits, shifting the mindset from fear to excitement. This powerful method not only enabled her to fly without fear but can be applied to any anxious situation in life.



Fear Can Hold You Back.

Fear can manifest in irrational thoughts that influence our actions negatively. For Mel Robbins, it was the overwhelming fear of dying in a plane crash that controlled her flying experience. This fear forced her to rely on superstitious behaviors to feel secure. Understanding this dynamic opens the door to breaking free from such limitations.

"Fear will make you do nutty things."

Recognize the Impact of Fear.

Realizing how fear affects your mind and body is crucial. Mel describes the anxiety she felt during flying, manifesting in physical symptoms like a racing heart and tight chest. When fear shapes our reality, it's essential to confront it instead of letting it dictate our lives.

"Fear is like a hijacker of your mind."

Create Your Anchor Thought.

Before each flight, Mel crafts an anchor thought—an image of her destination and the excitement of activities to come. This positive visualization serves as a powerful antidote to anxiety, focusing her thoughts on the enjoyable experiences awaiting her.

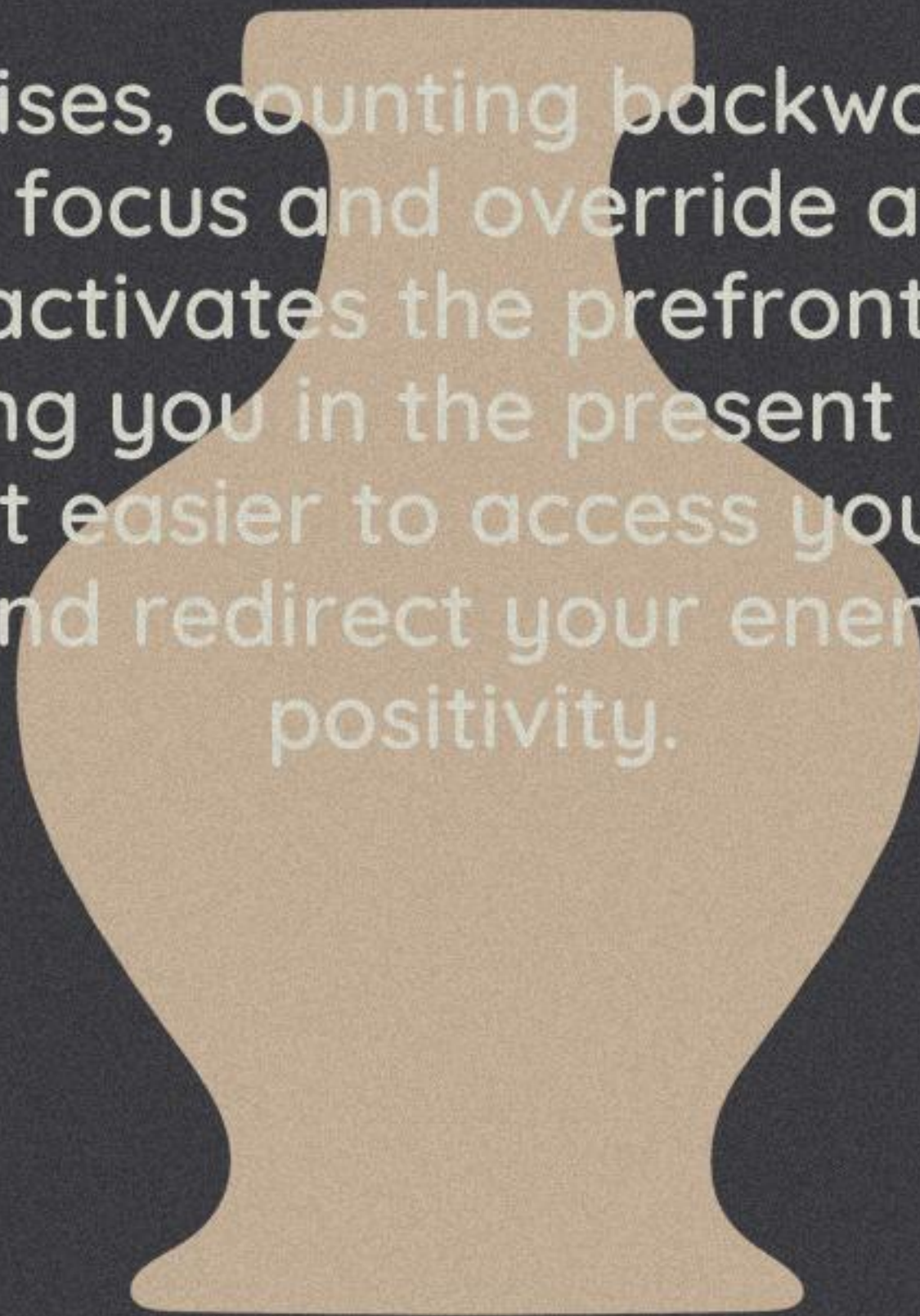
Plan for Anxiety.

Mel introduces the concept of 'If, Then' planning to combat anxiety, which prepares us for unexpected feelings. By implementing a backup plan before facing fear, we create a pathway to manage our emotional responses effectively. This method is a proactive approach to anxiety.

Count Down to Combat Fear.



When fear rises, counting backward from five helps shift focus and override anxiety. This method activates the prefrontal cortex, grounding you in the present moment, making it easier to access your anchor thought and redirect your energy toward positivity.





Visualize a Positive Future.

By picturing herself in joyful moments post-flight, Mel reassures her mind of safety. This visualization transforms the fear experience into an anticipation of joy, allowing her to bypass the panic associated with flying. Focusing on what lies ahead cultivates peace.

Repeated Practice Creates Mastery.

Mel emphasizes that consistently using these techniques trains the mind to focus on positives rather than fear. Over time, the anxiety associated with flying diminished completely, exemplifying the power of repetition and practice in overcoming fears.



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Every Fear Can Be Conquered.



Overcoming the fear of flying led Mel to realize how fear limits joy and opportunities. Using the 5 Second Rule, she learned that any fear can be tackled with the right mindset and techniques. Empowering oneself opens the door to greater possibilities.


Mastery Opens Possibilities.



With mastered techniques, Mel encourages others to view fears as manageable obstacles. Visualizing success allows us to enter challenging situations prepared and confident. This optimistic perspective enables individuals to explore life freely without the constraints of fear.



Recap

- "Fear will make you do nutty things."
 - "Fear is like a hijacker of your mind."
 - "Counting down flushes out fear and sets you free."
 - "If I'm enjoying time at my destination, I know I made it safely."
 - "Using this technique over and over, it becomes easier."
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Thank You

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