**Topic** – How to conquer fear

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Figure 1

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# What is ‘FEAR’:

Fear is one of the seven universal emotions experienced by everyone around the world. Fear arises with the threat of harm, either physical, emotional, or psychological, real or imagined. While traditionally considered a “negative” emotion, fear serves an important role in keeping us safe as it mobilizes us to cope with potential danger.

## What makes us fearful:

The universal trigger for fear is the threat of harm, real or imagined. This threat can be for our physical, emotional or psychological well-being. While there are certain things that trigger fear in most of us, we can learn to become afraid of nearly anything.

### Common fear triggers:

Darkness or loss of visibility of surroundings

Heights and flying

Social interaction and/or rejection

Snakes, rodents, spiders and other animals

Death and dying

### Moods and disorders

Persistent fear can sometimes be referred to as anxiety if we feel constantly worried without knowing why. The inability to identify the trigger prevents us from being able to remove ourselves, or the actual threat, from the situation.

 While anxiety is a common experience for many people, it can be considered a disorder when it is recurrent, persistent, intense, and interferes with basic life tasks such as work and sleep.

# 5 Steps to Overcome Fear:

(by By Phil Stutz and Barry Michels)

Everyone experiences fear from time to time. You might be afraid to confront someone, borrow money to grow your business, or introduce yourself to someone you admire. We all have moments of fear, but very few of us see those moments as opportunities.

Fear gives you the unique opportunity to develop a priceless inner force that expands your life. That force is courage. Here are the five necessary steps for converting fear into courage.

## **STEP 1: ACCEPT IT**

PHIL: Fear never goes away. It doesn’t matter how strong you feel or are—if you can lift 350 pounds, if you have 350 million dollars in the bank, if you can boss around your spouse—you are still going to be afraid. To a large degree what you accomplish in life, what you are capable of, is going to depend on how you deal with fear.

## **STEP 2: IDENTIFY IT**

A person falling down with his hands up

Description automatically generated[[2]](#footnote-2)BARRY: To leverage fear into courage, you have to be honest with yourself every time you’re afraid. If you don’t admit your fears to yourself, you can’t leverage them into courage. Look for the points in your life where you’re afraid, and see them as opportunities to learn to deal with fear.

Figure 2

## **STEP 3: FEEL IT**

BARRY: The greatest mistake people make when dealing with fear is to try to think their way through it. They analyze what triggered it, or start “playing chess,” projecting out what might happen next, and how they’ll deal with it. This doesn’t diminish fear; it actually increases it because there’s no way to outsmart the universe. Instead of trying, do the counterintuitive thing with fear: let yourself feel it. Then you’ll be ready to move to the next step.

## **STEP 4: FACE IT**

BARRY: Have you ever had one of those dreams where a dark, scary figure is chasing you? If you run away, it always gets much more terrifying. If you turn around and face it, something good almost always happens. It’s the same with fears in your waking life. The Reversal of Desire tool literally reverses the desire to run away and gets you to face your fear and move through it.

## **STEP 5: PRACTICE IT**

A close-up of a white background

Description automatically generated[[3]](#footnote-3)PHIL: Try to think about confronting fear as a skill—something you can practice and get good at, like ping-pong, or knitting, or anything else. This will make your fear seem less dramatic, and you’ll feel more in control of it. You can also gain a lot of satisfaction in the process.

Figure 3

## Stats of people’s fear:

### Graph given by Dr.Dre about different type of fear in people in 2023:

A graph with numbers and a bar

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Figure 4

### Table given by Dr.Dre about different type of fear in people in 2023:

A screenshot of a graph

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# The famous quote of sir Albert Einstein on fear:[[6]](#footnote-6)

“I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.”

A person with white hair

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# Bibliography

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