

INTEGRATED MEN

NMMNG-SLC

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Feel the Fear and Do It Anyway

 **integratedmen**

Fear can be broken down into three levels.

The first level is the surface.

This level of fear can be divided into two types:

those that “happen” and those that require action.

Level One Fears - Those that “Happen”

Aging

Becoming disabled

Retirement

Being alone

Children leaving home

Natural disasters

Loss of financial security

Change

Losing a loved one

Accidents



Level Two Fears - Those Requiring Action

Making decisions

Changing a career

Making friends

Ending or beginning a relationship

Asserting oneself

Losing weight

Being interviewed

Public speaking

Making a mistake

Intimacy



Fear tends to permeate many areas of our lives.

For example,

If you fear making new friends, it then stands to reason that you also may fear going to parties,

having intimate relationships,

applying for jobs,

and so on.

This is made clearer by a look at the second layer of fear, which has a very different feel from that of Level 1.

Level 2 fears are not situation-oriented;
they involve the ego.

Rejection

Being conned

Success

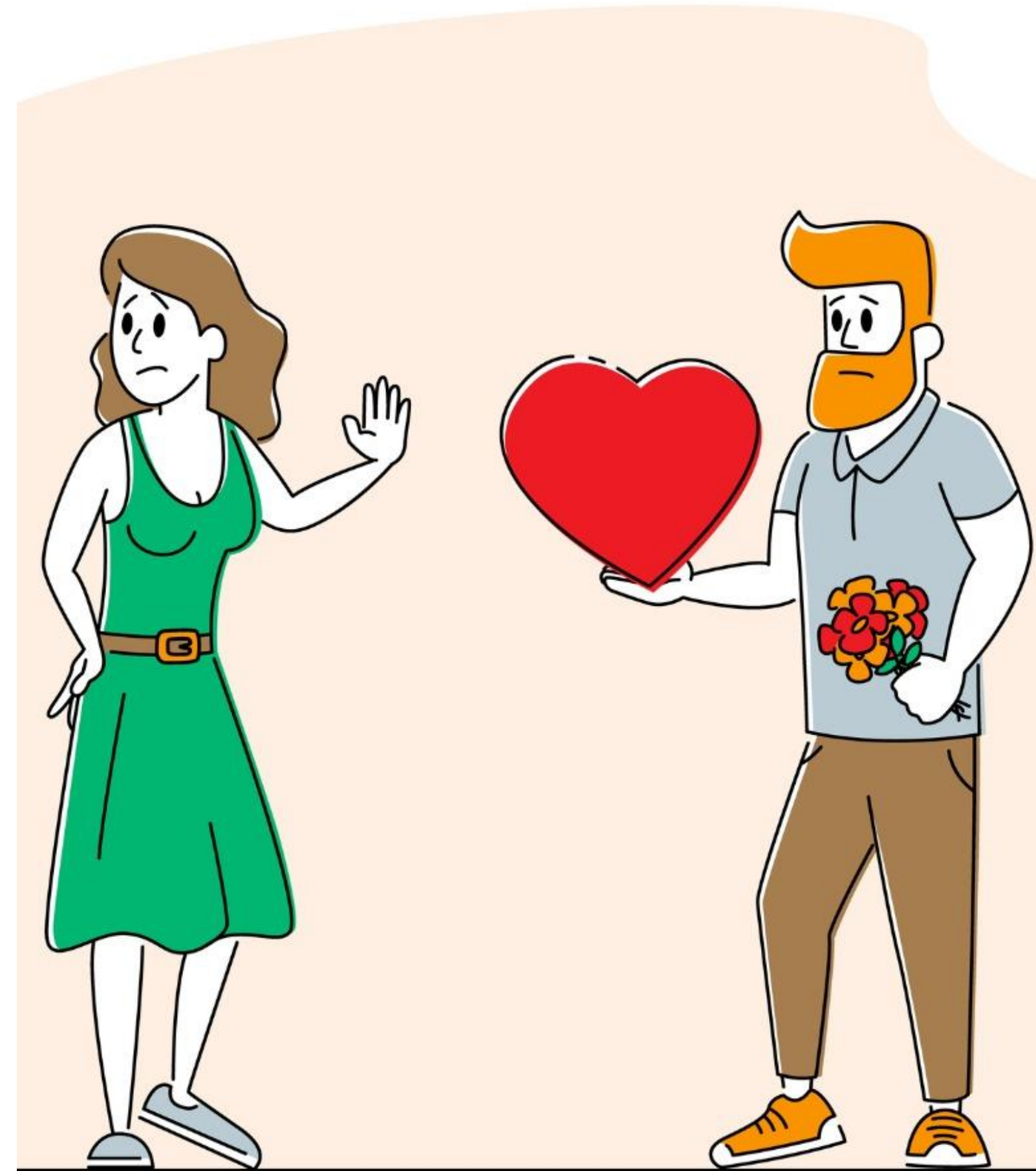
Helplessness

Failure

Disapproval

Being vulnerable

Loss of image



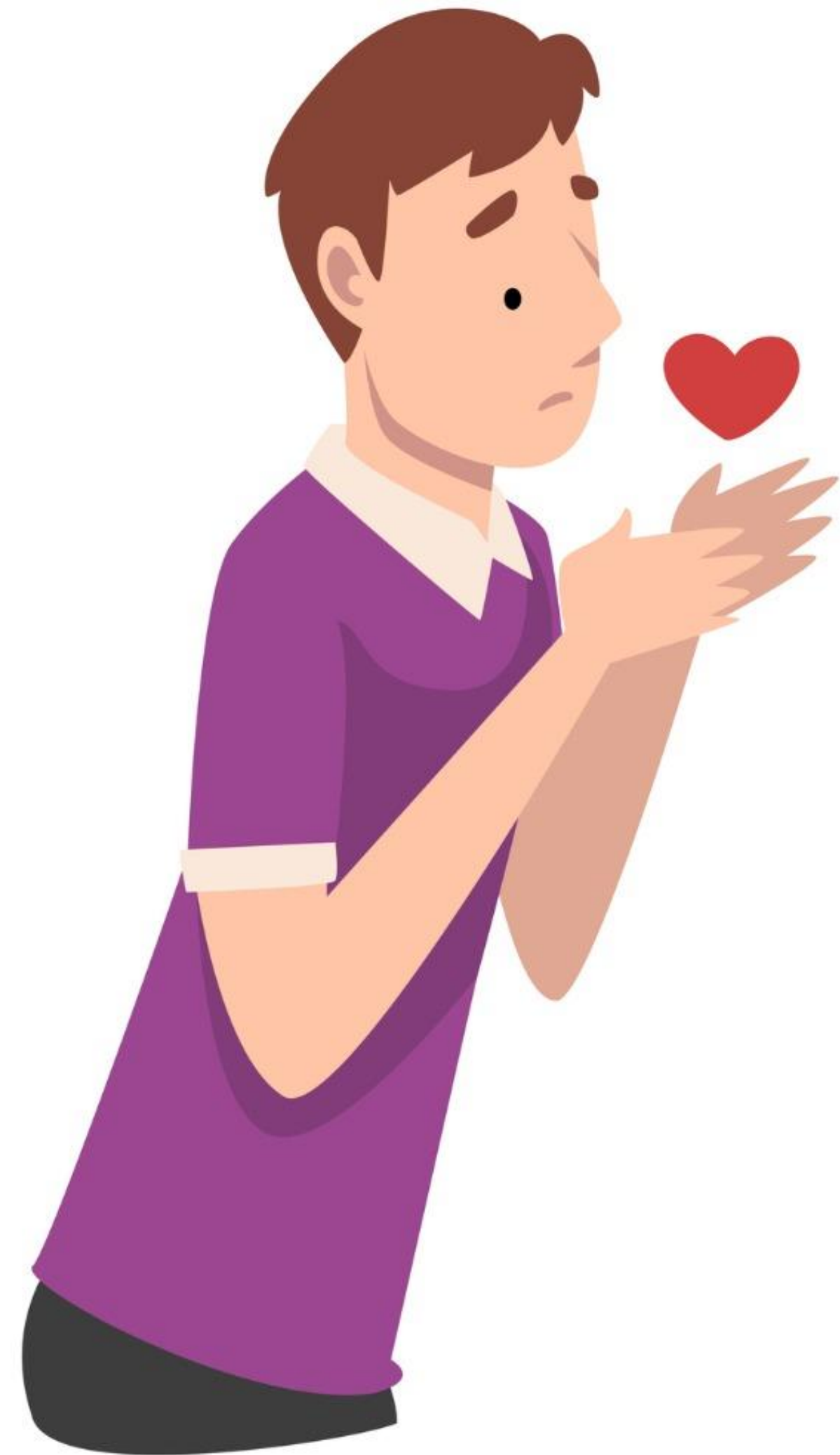
Level 2 fears have to do with inner states of mind rather than exterior situations.

They reflect your sense of self and your ability to handle this world.

If you are afraid of being rejected, this fear will affect almost every area of your life - friends, intimate relationships, job interviews, and so on.

Rejection is rejection - wherever it is found.

So you begin to protect yourself, and, as a result, greatly limit yourself.



Level 3 gets down to the nitty-gritty of the issue:
the biggest fear of them all - the one that really keeps you stuck.

Are you ready?

Level Three Fear

I CAN'T HANDLE IT!

“That’s it? That’s the big deal?” you may ask.

**AT THE BOTTOM OF EVERY ONE OF YOUR
FEARS IS SIMPLY THE FEAR THAT YOU CAN'T
HANDLE WHATEVER LIFE MAY BRING YOU.**



IF YOU KNEW YOU COULD HANDLE ANYTHING THAT CAME YOUR WAY,
WHAT WOULD YOU POSSIBLY HAVE TO FEAR?

The answer is: NOTHING!

You can handle all your fears without having to control anything in the outside world.

You **NO LONGER HAVE TO CONTROL** what your mate does,
what your friends do,
what your children do,
or what your boss does.

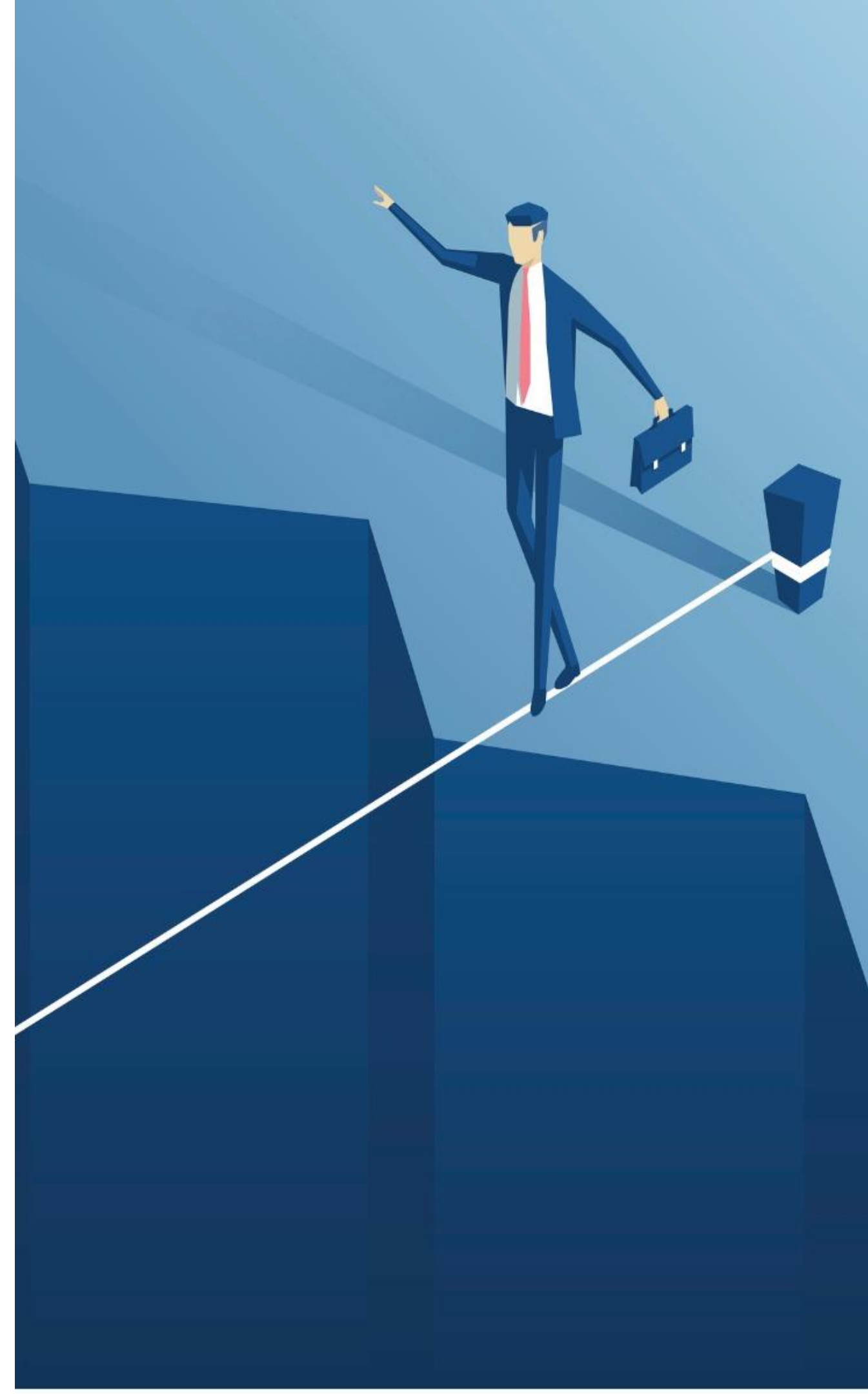
You **DON'T HAVE TO CONTROL** what happens at an interview,
what happens at your job,
what happens in your new career,
what happens to your money,
or what happens in the stock market.

ALL YOU HAVE TO DO TO DIMINISH
YOUR FEAR
IS TO DEVELOP MORE TRUST IN YOUR
ABILITY
TO HANDLE WHATEVER COMES YOUR
WAY!

Why do we have so little trust in ourselves?

Some fear is instinctual and healthy,
and keeps us alert to trouble.

The rest - the part that holds us back from personal
growth - is inappropriate and destructive,
and can perhaps be blamed on our conditioning.



Why do we have so little trust in ourselves?

A mother never calls out to her child as he goes off to school,

“Take a lot of risks today.”

She is more likely to convey to her child, “Be careful.”

This “Be careful” carries with it a double message:

“The world is really dangerous out there” and “you won’t be able to handle it.”

Why do we have so little trust in ourselves?

What Mom is really saying is,

“If something happens to you...

I won't be able to handle it.”

You see, she is only passing on her lack of trust in her ability to handle what comes her way... onto you.

What she is really saying is,

“If anything happens to you, I will fall apart.”

What matters now is that you begin to develop your trust in yourself,
until you reach the point where you will be able to say:

WHATEVER HAPPENS TO ME,
GIVEN ANY SITUATION,
I CAN HANDLE IT!

Five Truths about Fear

1. The fear will never go away, as long as I continue to grow.
2. The only way to get rid of the fear of doing something is to go out and do it.
3. The only way to feel better about myself is to go out . . . and do it.
4. Not only am I going to experience fear whenever I'm on unfamiliar territory, so is everyone else.
5. Pushing through fear is less frightening than living with the underlying fear that comes from a feeling of helplessness.

THE FEAR WILL NEVER GO AWAY AS LONG AS YOU CONTINUE TO GROW

As long as you continue to push out into the world,

as long as you continue to stretch your capabilities,

as long as you continue to take new risks in making your dreams come true,

you are going to experience fear.

THE FEAR WILL NEVER GO AWAY AS LONG AS YOU CONTINUE TO GROW

Most of us wait for fear to go away before we take any chances.

“When I am no longer afraid . . . then!”

For most of our lives, we have played the WHEN/THEN game.

And it never worked.

THE ONLY WAY TO GET RID OF THE FEAR OF DOING SOMETHING IS TO GO OUT AND DO IT

This sounds contradictory to Truth 1, yet it isn't.

Fear dissolves when confronted.

The “doing it” comes before the fear goes away.

THE ONLY WAY TO GET RID OF THE FEAR OF DOING SOMETHING IS TO GO OUT AND DO IT

Another part of the WHEN/THEN game has to do with self-esteem.

“When I feel better about myself . . . then I’ll do it.”

People often think that if they can improve their self-image,
then their fear will go away and they can start accomplishing things.

Except facing your fears is what fuels your self-esteem in the first place.

THE ONLY WAY TO FEEL BETTER ABOUT MYSELF IS TO GO OUT AND DO IT

The “doing it” comes before the feeling better about yourself.

When you make something happen, not only does the fear of the situation go away, but you also do a lot towards building your self-confidence.

When you’ve finally mastered something and gotten rid of the fear, it will feel so good that you will decide that there is something else out there you want to accomplish, and then the fear begins again as you prepare to meet a new challenge.

NOT ONLY AM I GOING TO EXPERIENCE FEAR WHENEVER
I'M ON UNFAMILIAR TERRITORY, BUT SO IS EVERYONE ELSE

I'm sure you thought you were the only person out there feeling so inadequate.

You are not alone in this.

You have the rest of the world to keep you company.

You must feel the fear . . . and do it anyway.

“Why should I put myself through all the discomfort that comes with taking risks?

Why don't I just go on living my life the way I've been living it?”

You might find the answer to that question surprising.

It is...

PUSHING THROUGH FEAR IS LESS FRIGHTENING
THAN LIVING WITH THE UNDERLYING FEAR
THAT COMES FROM A FEELING OF HELPLESSNESS.

No matter how “secure” any of us feel in the little cocoon we have built for ourselves, we live, consciously or unconsciously, with the fear that the day of reckoning will eventually come.

The more helpless we feel, the more severe is the undercurrent of dread that comes with knowing that there are situations in life over which we have no control over.

People who refuse to take risks - live with a feeling of dread that is far more severe than what they would feel if they took the risks necessary to make them less helpless - only they don't know it!

Five Truths about Fear - Repeat

1. The fear will never go away as long as I continue to grow.
2. The only way to get rid of the fear of doing something is to go out and do it.
3. The only way to feel better about myself is to go out and do it.
4. Not only am I going to experience fear whenever I'm on unfamiliar territory, so is everyone else.
5. Pushing through fear is less frightening than living with the underlying fear that comes from a feeling of helplessness.

We can't escape fear.

We can only transform it into a companion that
accompanies us in all our exciting adventures;
it is not an anchor holding us transfixed in one spot.

EVERYBODY FEELS FEAR WHEN APPROACHING
SOMETHING TOTALLY NEW IN LIFE

YET SO MANY ARE OUT THERE “DOING IT”
DESPITE THE FEAR

SO WE MUST CONCLUDE THAT
FEAR IS NOT THE PROBLEM

How We Hold Fear

The real issue has nothing to do with the fear itself, but rather how we hold the fear.

For some, the fear is totally irrelevant.

For others, it creates a state of paralysis.

The former hold their fear from a position of power (choice, energy, and action)

The latter hold their fear from a position of pain (helplessness, depression, and paralysis).

HOW WE HOLD FEAR



The secret in handling fear is to move yourself from a position of pain to a position of power.

The fact that you have the fear then becomes irrelevant.

Let's Talk Power

In our world the word “power” has some negative overtones.

It often implies control over others.

The kind of power I am talking about is entirely different.

In fact, it makes you less manipulative of those around you, and certainly more loving.



Let's Talk Power

I am talking about the power within yourself.

This means power over **your perceptions of the world**,
power over **how you react to situations in your life**,
power to do **what is necessary for your own self-growth**,
power to **create joy and satisfaction in your life**,
power to **act**,
and power to **love**.

This kind of power has **nothing** to do with anyone else.

It is not egomania, but a healthy self-love.



Let's Talk Power

In fact, egomaniacs have absolutely no feeling of power—thus their compelling need to control those around them.

Their lack of power leaves them in a perpetual state of fear, since their survival depends on the outside world.

No one is more unloving than a person who can't own his or her own power.

Such people spend their lives trying to pull it out of everyone else.

Their need creates all sorts of manipulative behavior.

Let's Talk Power

The kind of power I'm talking about leaves you free, since you don't expect the rest of the world to fill you up.

It's not the ability to get someone else to do what you want them to do.

It's the ability to get yourself to do what you want to do.

If you do not own this kind of power, you lose your sense of peace.



Let's Talk Power

It is only when a person becomes powerful within themselves that they can become authentic and loving to those around them.

The truth is that **love and power go together.**

With power, one can really begin to open the heart.

With no power, love is distorted.

And that's all for this week