

BREAK THROUGH FEAR AND SELF DOUBT

A GUIDE TO OVERCOMING FEAR AND SELF-DOUBT

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Chapter 1

Fear vs. Phobia?

All of us have fears or phobias – some more concrete and others founded in our imaginations. It's completely normal to have them and, at times, they help us to become better versions of ourselves and to push our own limits and selves to achieve higher and better outcomes. That said, this is not always the case; fears and phobias can hold us back from life experiences and from our success – these self-imposed limitations hinder our development and achievements. It is the latter of these two cases that we will focus on, exploring how to break through these fears and phobias to better take control of your own life.

Fear or Phobia

Are fears and phobias the same or two separate entities? Most dictionaries agree in defining a fear as a distressing emotion aroused by a specific threat or impending event – an effect of something that causes fear and apprehension. In contrast, most dictionaries' definitions for the word “phobia” relate to a persistent, irrational fear of a specific object, activity, or situation. The difference is subtle, but it is there.

For example, you might “fear” spiders – however, that fear is likely something that carries with you day in and day out; this makes it a phobia. It is an ongoing fear – not entirely founded – that persists. That said, you may fear crawling into an abandoned building because you are likely to encounter spiders – this is a fear. Fear refers to a specific situation or event, whereas a phobia refers to a dislike or apprehension of a specific event or item on an ongoing basis that is not specifically situational.

The Top 15 Fears and Phobias

Because phobias are more ongoing in nature, whereas fears are situation-based, it is typically more common for people to share phobias than fears. The following are the top 15 fears and phobias as compiled from a variety of research and medical sources.

- ☑ **Acrophobia** – Fear of heights
- ☑ **Claustrophobia** – Fear of being in an enclosed space. Elevators, MRI machines, closets, and closed in hallways are all common culprits.
- ☑ **Brontophobia** – Fear of thunder and lightening. This fear is most commonly found in children, though for some does extend into adulthood
- ☑ **Mysophobia** – Fear of germs
- ☑ **Social Phobia** – This excessive fear of social situations is intimately related to anxiety.

- ☑ **Necrophobia** – Fear of anything related to death, including funeral homes, coffins, cadavers, hearses, etc.
- ☑ **Aerophobia** – Fear of flight – this refers to more than simple plane rides, also extending to sports like hang gliding, parasailing, hot air ballooning, and others.
- ☑ **Carcinophobia** – Fear of acquiring cancer. This particular phobia has grown exponentially as we as a society have learned more about and become more aware of various cancers.
- ☑ **Ophidiophobia** – The fear of snakes
- ☑ **Agoraphobia** – The fear of situations in which escape is difficult – this fear is sometimes explained as having a fear of open spaces. For example, people with agoraphobia might avoid large public gatherings, such as concerts or festivals. Approximately 33 percent of people with a panic disorder in time develop agoraphobia.
- ☑ **Trypanophobia** – The fear of injections. Like many phobias, this fear often goes untreated because people avoid the triggering object and situation.
- ☑ **Nyctophobia** – Fear of the Dark – This fear is common and generally found in children. It typically has onset around the time that the child begins developing a more active imagination and in most cases lasts just six months; if it lasts more than six months and causes extreme anxiety, the fear becomes diagnosed as a phobia.
- ☑ **Nosophobia** – Fear of Having a Disease. This is related to hypochondriasis which is the persistent fear of having an unspecified disease. Sufferers of both spend ample time at the doctor's office.
- ☑ **Fear of public speaking**
- ☑ **Fear of failure**

Every fear and every phobia is a bit different for each individual. Though all are treatable, the precise methods to treat each vary. Learn more about the various phobias and fears and how to conquer them to move forward with your life and success.

This book will help you to understand the different types of fears and phobias and how you can conquer each one of them to achieve your breakthrough.

Chapter 2

Beat Your Fear of Career Advancement

We are raised to push forward, aiming to reach the “top” of our chosen career path and ranks. However, for some, that goal and motivation transforms into something else: fear.

Fear of advancing in a career may confuse non-sufferers, but for many, the fear is all too real. It isn't necessarily a fear of receiving a promotion or of becoming an executive itself – more so, it's a fear of the side effects of this success.

For example, a lawyer may want to be successful in their practice, but fear whether they are on the right side of the fight. They may be afraid of selling out or of losing their attachment to their original cause. A doctor may want to make it through their residency, but is also afraid of the advancement in their career as getting that advancement means a new level of accountability and responsibility.

This fear carries through every career out there and is not limited by gender, age, or any other demographic; everyone is equally susceptible.

Exploring the Fear of Career Advancement

Like other “soft” fears, the fear of career advancement is often rooted in other fears or apprehensions. Some of these underlying fears might include (but are not limited to):

- Fear of failure
- Fear of letting someone down whose approval means a lot to you
- Fear of taking a risk
- Fear of not being able to meet expectations in a new role
- Fear of not being able to handle the pressure
- Fear of increased responsibility or accountability
- Fear of leading others or of securing approval from team members or peers
- Fear of getting “stuck” in a role or career path



Unlike many phobias, the fear of career advancement is typically not accompanied by physical symptoms, such as sweating, nausea, dizziness, etc. Instead, symptoms include more concrete actions. For example:

- Self-sabotage – people do not often do this intentionally, necessarily, but those around them can often see that they self sabotage their own success and advancement time and again
- Lack of interest in the review process
- Does not step up to new opportunities within the team
- Does not express an interest in advancement or initiate discussions about career potential and next steps
- Clings to baseline tasks and more junior-level roles willingly

Overcoming the Fear of Career Advancement

Because the fear of career advancement can manifest as a side effect of so many other fears, not everyone's fear will show the same way. That said, while treatment and efforts to overcome the fear will likely share commonalities, not everyone's treatment will be the same. Most sufferers will find it beneficial to engage in verbal therapy which may include behavioral therapy to address behavioral issues and concerns. Therapy will most likely include a verbal exploration of the sufferer's feelings and self expectations to determine the causes of their fear and any underlying sub-fears. By discovering the roots of their fear of career advancement, the therapist or coach is better able to develop a specialized path forward to address the individual feelings and emotions that contribute to their overall fear.

Chapter 3

Overcome Your Agoraphobia, Reclaim Your Life

It started off quite simply... given the numerous and growing number of public shootings in the past years, you chose to be careful in the places you frequented. You began to avoid large crowds and things like public festivals or fireworks displays – there was just too much room for error and for something to go awry.

But that fear and your avoidance of public continued to grow.

You began to feel fearful in everyday places that you previously felt safe – even the grocery store became scary. It grew to transportation, such as busses or the metro – anything that made you feel confined and trapped, like you wouldn't be able to escape if you needed to.

These days, you barely leave the house unless forced and have even had to leave your job to find one that would allow you to work from the safety of your home.

To say the least, your fear has grown to become life changing. You no longer see your friends. You no longer enjoy going out. And your career has changed and switched paths.

What started as a fear has bloomed into uncontrollable agoraphobia – and it is now controlling you.

Exploring Agoraphobia

Agoraphobia is not just one phobia, but rather a grouping of various phobias that can include fears of leaving the home, fears of public or open spaces – such as shopping malls, movie theaters, or concerts – and travelling alone.

This branch of panic disorders causes the sufferer to avoid situations that may cause them to feel trapped, helpless, or embarrassed. Sufferers often feel unprotected in most situations or locations, often avoiding them all together, though some are able to face public places with the help of a familiar companion, such as a close friend or family member.

Studies estimate that approximately 3.2 million adults within the United States (or approximately 2.2 percent) suffer from this life changing phobia.

Most agoraphobia stems from a conditioned response – for example, a strong reaction following 9/11 and an empathetic response that turned to severe fear of being in a similar environment in the future.

People officially diagnosed with agoraphobia have a fear or anxiety about a minimum of two of the following situations:

- Being in enclosed spaces, such as shopping malls, movie theaters, or schools
- Standing in line or being in a crowd
- Leaving their home by themselves
- Being in an open space, such as a park, parking lot, or public street, or on a bridge
- Using public transportation, including, but not limited to, a boat, plane, train, bus, or metro system

Their fears and anxieties are more than just closely held – they impact their relationships and how they live their life, often times restricting their options, behaviors, and self. They avoid situations that put them in the way of encountering the above scenarios, not only missing out on opportunities, but often destroying their own progress both personally and professionally.

Overcoming Your Agoraphobia

Like most phobias, to overcome agoraphobia, you have to look it in the eye. Because it is a form of a panic disorder, therapy is a must for most people. Cognitive behavioral therapy is one form commonly used, though medicinal approaches are also taken quite frequently for this phobia.

Of course, the first step to overcoming your phobia is to explore your own behavior and fear to determine whether your reactions are hindering your own life and progress. If your fear has become life changing, altering your relationships, personal life, and preventing your professional growth and performance, now is the time to take action.

Chapter 4

When Blushing Goes Beyond Cute - Conquering Chronic Blushing

We've all seen it in classic movies – the heroine or damsel has a coy moment, often accompanied by a toe pop, shy look, or blushing – all of which her co-star of course finds adorable. And sure, blushing can be cute and even sweet and flirtatious. But unfortunately obsessive blushing that pops up during business meetings or networking events has no place and is far from the cuteness they show in those Hollywood blockbusters.



No, your blushing is downright embarrassing, making itself known in the most inappropriate and inopportune of times. Sure, it happens when you're embarrassed, just as it does for everyone else. But it also happens at just about every turn, saying hello to your boss, while meeting a new business associate, when you're making an important pitch presentation to a potential client, even when you greet your children's friends and their parents. It's inopportune, it's preventing your professional movement, and it's downright debilitating.

About Chronic Blushing

Blushing in itself is a perfectly natural reaction – a psychological one, in fact, that appears when we feel embarrassed or nervous. While this social giveaway can be annoying, it is far worse for sufferers of chronic blushing – also known as pathological blushing.

Standard blushing comes at a variety of triggers, such as:

- Shyness
- Nervousness
- Being put on the spot
- Speaking in front of a group of strangers
- Lying or hiding something

However, chronic blushing can hit at any moment – and therein lies the difference between conventional and pathological blushing.

Pathological blushing comes in several different forms:

Social Anxiety

Physiologically speaking, blushing occurs as a result of a psychological reaction – that reaction is often a result of some form of social anxiety. For example, you know that you are prone to blushing when speaking in front of

a group – so naturally, as you prepare to speak in front of a group, you are thinking about what you are going to say and how you are going to act. Since blushing is a part of your natural reactions, that blushing comes to mind – and as a result, you wind up in a self-fulfilling prophecy.

The good news is that because your blushing is part of a psychological reaction, it can be tamed.

Physical Causes

There are several physical reactions that cause chronic blushing to be an effect of an actual physical disorder. Many of these have to do with blood vessels and circulation that prevent blood from reaching the tissues or cause spontaneous rushes of blood to concentrated areas.

Most chronic blushing patients seek help in overcoming their conditions in their 20's and 30's, though there are of course patients of all ages looking to overcome their challenge.

Most of the time, chronic blushing occurs as a result of a repetitive embarrassing experience – in which case it would fall under the social anxiety category. The consistent negative experience that results in blushing essentially conditions that patient into always blushing in similar situations; the issue often only blossoms from there, spreading into other situations.

Overcoming Chronic Blushing

In rare cases where chronic blushing is truly a result of a neurological or physiological disorder, there are medicinal and surgical treatments available. However, for the majority of patients, we choose to work within the mind, reconditioning our systems to revert to “normal” patterns of blushing by overcoming fears and anxieties.

Blushing will always be a part of our lives and natural responses – and that's okay – it's about bringing down the blushing to occur in only line with conventional blushing situations.

Chapter 5

Open Doors By Overcoming Your Fear of Claustrophobia

Claustrophobia is perhaps one of the most well-known and most crippling disorders out there. It affects people professionally and personally in the most common of situations.

Imagine trying to knock out of a park a new client pitch when you feel like the walls of the room are closing in on you, or enjoying a family trip to a theme park when you can't enjoy half of the rides. Try living in a place like New York City when the mere thought of riding an elevator makes you sweaty and nauseous.

Living with claustrophobia is more than just stressful – at times, it's downright paralyzing. And, unfortunately, it causes many of life's activities and experiences to be more than just uncomfortable or inconvenient – it causes them to be impossible and terrifying.

Claustrophobia seeps into every aspect of life, both personal and professional. It makes sufferers miss out on life experiences and daily conveniences, but it also can hold them back professionally due to an inability to participate in meetings that occur in small spaces and other important office activities.

No one should have to live in fear – learn to move past your fear of claustrophobia and to open doors to new opportunities.

Exploring Claustrophobia

Claustrophobia is a fear of small, enclosed spaces. Though each sufferer experiences the effects of this paralyzing phobia differently, many feel as though the walls are closing in on them when they are in closed spaces or are fearful of becoming entrapped in that space. Others cite feeling as though the air supply is lacking and that they will suffocate.

Many activities that much of the population would consider a part of life are made impossible for claustrophobia sufferers to enjoy. For example, elevators are often a strict no-go, as are things like crawl spaces, airplanes, or small and crowded rooms – as are often found in not only homes, but business meetings or networking events. Sufferers are unlikely to be able to enjoy adventures, such as spelunking or scuba diving. Many cannot ride roller coasters.



Claustrophobia goes beyond simply fearing these activities and spaces – sufferers experience physical side effects, just some of which include:

- Difficulty breathing
- Nausea
- Increased heart rate
- Perspiration
- Dizziness

Researchers do not yet know the exact causes of claustrophobia, but doctors and psychologists have found roots in both physical and psychological causes. Physically, doctors have found the amygdala, a small structure in the brain that controls fear, to be smaller in people that have fear and panic disorders, such as claustrophobia. Psychologically, professionals have found that many sufferers experience claustrophobia as a result of conditioning experienced earlier in their lives. For example, a child locked in a small space might later manifest that fear as claustrophobia. Other negative life experiences might include being in a small dark space, unable to find the light switch or getting a limb stuck in a fence and not being able to escape it. There are countless scenarios that might influence one's propensity for claustrophobia.

Overcoming Claustrophobia

Because claustrophobia is a deeply rooted phobia, it can be quite difficult to conquer – however, it is possible.

Most patients treat claustrophobia via psychotherapy that utilizes any number of techniques and tools. Systematic desensitization, flooding, and the Stop! Techniques are all popular methods, though there are many others out there that have produced successful results, such as the explorative work being done in immersive virtual reality.

Chapter 6

Find New Success and Social Comfort – Overcome Excessive Blushing and Sweating

We've all been there...

Perhaps at a work meeting, you look across the table and see a coworker excessively sweating and seeming very nervous. Or at a networking event – the air conditioning is working just fine, yet someone in the room seems quite uncomfortable and is literally dripping from sweat. The blushing, the sweating – you know something is wrong, but can't quite tell what.



Even worse is when it's happening to you. And it doesn't take much. At that meeting, a project leader asks you a question – a question that you answer perfectly well, yet you blush incessantly and after you complete your answer, feel the telltale sign of a bead of sweat dripping down your neck.

Truth be told, everyone gets nervous and everyone blushes from time to time or breaks into a sweat; the difference is in the frequency and causes. For you, it seems like everything pushes you into excessive blushing and sweating. It's embarrassing, it's frustrating, and you know that it's holding you back – socially and professionally.

Exploring Excessive Sweating and Blushing

Excessive sweating has a variety of causes, some of which are medically induced and others which can be a result of anxiety or extreme nervousness. Medically speaking, excessive sweating may be a sign of diabetes, an infection, or a thyroid disorder. In medical cases, patients often find themselves sweating profusely with everyday tasks, such as taking a walk or cleaning – anything that might typically raise the heart rate slightly, but yet far from a target working zone for cardio exercise.

On the flip side, people who experience excessive sweating for non-medical reasons find that they sweat for any number of reasons. For example, they could be sitting perfectly still, but find themselves sweating when the spotlight is cast on them in a meeting or even by noticing someone's eyes linger on them while walking down the street. This type of excessive sweating typically pairs with other symptom, such as an elevated heart rate, nervousness, nausea, and even anxious thoughts.

As for excessive blushing, blushing is a psychological reaction that typically triggers as a result of shyness, nervousness, or deception. While everyone blushes – just as everyone sweats, the difference lies in the frequency and cause of the blushing.

For example, standard blushing might occur when a student answers incorrectly in front of the class or when, while attending a conference, the speaker calls you out in front of all the attendees with a question, putting you

on the spot. For excessive blushers, it might occur for more common occurrences, such as a co-worker saying hello in the break room or while greeting a friend. This type of blushing typically holds ties to social anxiety, though there are rare physical causes as well which typically relate to blood vessel and circulation issues.

Overcoming Excessive Sweating and Blushing

The first step to stopping your embarrassment caused by excessive sweating and blushing, you must first assess the pattern in which your problem appears. Are there specific causes or situations? Or does it seemingly happen randomly in any (and every) circumstance? Consider a medical evaluation to rule out underlying medical causes, such as circulatory or cardio-thoracic issues. If there is not a medical cause, odds are that your problem comes back to anxiety.

Your path to overcoming your excessive sweating and blushing may include verbal and behavioral therapy, medicinal approaches, or a combination of the two – but regardless of which method you use, you must first take a first step to facing your issues.

Chapter 7

Beat Your Fear of Being Disliked

Sure, everyone wants to be well liked among their peers – but when this desire to be liked transforms, this natural tendency can become a detrimental fear that eats away at a person and works against them, hindering their progress personally and professionally.

In most cases, everyone experiences some resistance when entering new social situations – a bit of hesitation and the idea that they may not be accepted surely runs through their head. However, confident people push those thoughts out of their minds, easily entering social situations, seemingly blossoming in them.

In contrast, people who have a fear of being disliked to a severe scale may feel highly self-conscious and anxious to such a degree that they may avoid the social situation all together.

Extreme cases of this are often diagnosed as something called “**Avoidant Personality Disorder.**”



Exploring Avoidant Personality Disorder

Avoidant personality disorder can manifest in a variety of ways, but people already prone to an extreme fear of being disliked are particularly susceptible. These individuals are often extremely sensitive to negative receptions among their peers and tend to describe themselves as lonely, anxious, and generally unwanted and isolated.

There is not a singular cause of this disorder or fear, but many experts suspect that there are often experiences, such as bullying or childhood neglect to blame. Most often, the diagnosis comes in early adulthood, perhaps because this is the stage in which the disorder starts interfering with life in tangibly harmful ways, such as inability to land or keep a job.

Sufferers may find that it is difficult for them to attend or conduct a successful interview. When they do get hired, they are likely to experience difficulties in meeting and socializing with their coworkers and peers on a social level, but also in the routine of daily business. This inability to enter social situations – even those necessary to perform their job – makes it difficult for them to succeed

People with avoidant personality disorder often experience symptoms such as:

- Self-imposed social isolation
- Hypersensitivity to social criticism and peer rejection
- Feelings of inadequacy
- Highly self-conscious
- Feelings of inferiority and loneliness

Overcoming Fear of Being Disliked

Overcoming a fear of being disliked – or in extreme situations, avoidant personality disorder, is difficult due to its intensely emotional nature, however it is possible, not to mention worthwhile.

Successfully overcoming this fear will not only help the sufferer to develop more meaningful relationships, such as friendships or relationships of a romantic nature, but also to build successful careers from which their fear would otherwise most likely prevent them from attaining.

For some, overcoming their fear is simply a matter of self-conditioning – intentionally putting oneself in social situations and forcing yourself to interact. That may be as small of an action as saying “hello” to a stranger on the street or a larger scale engagement, such as attending a social function with office co-workers. Overtime, you will build up your confidence and ability.

For others, this type of self-conditioning will not immediately be possible and they may require a more clinical, therapeutic approach.

Everyone’s fear manifests in different ways and requires individual attention to properly address and overcome it; what is important is that you treat your fear, facing it head on in order to overcome it and open new doors in every facet of your life. Remember – no matter how afraid you may be, you have nothing to lose by trying, but everything to gain.

Chapter 8

Overcome Your Fear of Criticism and Feedback, Gain the Power to Succeed

It happens in different ways, but appears throughout your life and throughout life's various aspects. At home as a child, your mother asks you to wash the windows again because there are several spots you missed. In adult life, your wife mentions that she wishes you were more confident speaking in front of people and participating in group conversations with friends. At work, you receive a never-ending stream of feedback from your boss – and never is it without criticisms. Even though each stage and type is different they all bring out the same feelings and reactions in you.

You feel sad, angry, and frustrated. There's a part of you that recognizes that the comments are intended to make improvements – but instead of challenging you or making you want to work harder, they just make you feel small and incapable. Why do people need to criticize you incessantly? Are you really that bad?

Exploring the Fear of Criticism and Feedback

Fact of the matter is, feedback and criticism are a part of our lives and they do come from all sides. And while, yes, some comments are not exactly welcome and at times may not be polite, most of the feedback you receive is intended to help everyone and the overall outcomes and the criticism is likely constructive criticism.



It isn't necessarily a "suck it up" situation, but overcoming your fear and loathing of feedback and criticism will serve you well in life, helping to improve your own behaviors, performance, and outcomes while also being a stronger asset to your team – whether that team is at home, at work, or elsewhere in life.

Unlike many other fears and phobias, the fear of criticism and feedback isn't necessarily rooted in early experiences – sometimes, people simply have these natural propensities. That said, it doesn't make them any easier or more difficult to conquer.

At the root of it, no one likes being told what they can't do or that they aren't good at something – however, many times, if you listen, this is not what people are truly saying; people who have a fear of criticism and feedback have a tendency to hear the worst in statements, rather than the constructive feedback that is most often being provided.

People who have a fear of criticism and feedback often display the following behaviors or experience thoughts such as:

- Extreme dislike of routinely scheduled feedback, such as report cards and parent teacher conferences in youth or performance reviews in their professional life

- Mistrust or resentment of authority figures
- Anger and resentment when given feedback
- Natural tendencies toward defensive behaviors

Overcoming Your Fear of Criticism and Feedback

Overcoming a fear of feedback or a fear of criticism is often a bit of an inner struggle because, rather than fighting a chemically caused reaction or feeling, sufferers often must battle their own nature and deeply rooted thoughts and behaviors. Recognizing the fear in and of itself can be tricky, as this fear isn't necessarily experienced in the form of sweaty palms or nausea (though physical symptoms can certainly accompany emotional reactions), but rather in feelings.

However, there is strong reason to overcome it and move past the fear because feedback is a necessary component to our improvement and growth. Often times, it is how people receive and respond to feedback in the workplace that furthers their position and opens new doors and opportunities – without overcoming a fear of feedback, you may be missing out on opportunities you didn't even know existed.

Learn to conquer your fear of feedback and criticism by joining us on August 19, 2014. “Break Through Fear and Self Doubt: Discover How to Overcome Fear, Phobias, and Gain the Confidence to Take Control of Your Life,” is a groundbreaking seminar series featuring industry expert-led sessions focused on conquering even the most challenging of fears and phobias to regain control over your emotions and life.

In our sessions, we will take a deeper dive into your fear, exploring its roots and causes and take the first therapeutic steps toward your new life. Visit [LINK](#) to learn more or to register.

Chapter 9

Overcoming the Fear of Earning an Income

For many, our incomes are what keep us going back to work every day, providing not only a means on which to pay rent and purchase food, but to indulge in hobbies and pleasures. That income provides financial freedom and helps us to feel valued by our organizations. Yet, there are others to whom that paycheck has an entirely different significance – and that significance brings with it fear and apprehension.

This means different things to different people. For some, they might not be afraid of actually earning an income so much as they are afraid of what it represents: responsibility and accountability. For others, it's a fear of having to stand on their own two feet and provide for themselves. For others, it comes down to a fear of failure – that if their job doesn't work out, that they will then find themselves without that income.

There are countless ways that people experience this fear, but all sufferers have something in common: it isn't that they're afraid of the money or income itself – they are afraid of no longer having it or being able to support themselves.



Earn Your Way to Financial Freedom

For many sufferers, their fear gets the best of them, hindering their professional lives which then negatively affects their personal lives. Because they are so afraid, they either unconsciously self-sabotage their professional lives or simply refuse to earn an income in the first place.

Unfortunately, this behavior further fuels this fear, causing long gaps between jobs or poor performance records that then make it difficult for the sufferer to truly support themselves. Many end up living on the government dole or relying on their parents or other friends and family for support and to help them make ends meet.

The nasty truth of it is that by feeding your own fear, you are hurting the people who surround you and love you the most. The only way to fix it is to take matters into your own hands, face your fear, and make a movement and investment in your own success.

Though taking those first steps will be scary, they are not only your first steps toward a better you – they are also your first steps toward freedom, toward pride in yourself, and toward earning the respect of those who surround you.

Overcoming Your Fear of Earning an Income

Because this fear is not so much of a phobia as it is a symptom of other fears and phobias, every sufferer needs to take different measures to overcome it. For those who experience this fear as a side effect of anxiety, you may want to engage in therapeutic measures and may also find a medicinal approach to curing your anxiety as a whole helpful. For those more traumatized by previous hostile working environments or failures, working with

a professional coach or therapist may be helpful. There are countless scenarios and options and, regardless of which you pick, you will need to proactively decide to make a change in your life and must take a first step toward that change.

Chapter 10

Don't Fear Failure - Fear Missing out on Life

You know what they say... "you always miss 100 percent of the shots you don't take." However, to someone with an intense fear of failure, it reads more as "if you don't take the shot, you can't fail."



A fear of failure is natural – after all, who doesn't want to succeed in their endeavors? However, when that natural tendency begins to cause you to miss out on experiences and opportunities, it goes beyond the normal status quo and develops into a problem.

A fear of failure – also known in psychology as Atychiphobia – becomes a life limiting disorder for sufferers who make the choice to limit and prohibit their own experiences and attempts in an effort to limit and prevent their own failure. Since they do not take risks, they cannot fail.

The logic makes sense to sufferers, but the lifestyle is not one of living at all – it is incredibly important for the life of the immediate sufferer, as well as those of their family and friends – that the fear be overcome.

Exploring Atychiphobia

Atychiphobia is a different sort of fear in that it often manifests over time as a result of the sufferer's own decisions and choices. What starts out as wariness transforms into a fear that prevents the sufferer from taking any risks or chances; this results in an extremely limited life in both the personal and professional senses.

Personally, sufferers are unlikely to have significant relationships, particularly those of a romantic nature, due to a fear of not being enough or of having the relationship fail. Professionally, sufferers are unlikely to have significant careers, let alone a career that allows them to explore their interests and talents. When opportunities do appear, the sufferer does not take advantage for fear of failing – as a result, their growth potential is very limited, and unfortunately, a result of self-inflicted limitations.

Sufferers of this disease often display a pattern of behaviors or thoughts, such as:

- Worrying what other people will think if they fail
- Whether failing will prevent being able to pursue the future they desire
- Whether people will lose interest in them if they fail
- Failure brings into question intelligence and capabilities
- Worry about disappointing people if they fail – will it change their opinion of them?
- Consistently underselling in order to prevent others' disappointment and surprise should they fail
- An inability to analyze a failure to assess what they could do differently to change the outcome
- Physical reactions, such as nausea or headaches, that prevent proper preparation
- Procrastination and easy distraction that prevent proper preparation

Coping and Conquering Atychiphobia

Since Atychiphobia – or the fear of failure – is a phobia with a psychological nature, much of the treatment relies on psychological exercises and therapy.

Most often, this phobia manifests in reaction to a negative (or series of related negative) reactions or experiences. For example, perhaps as a child your father was belittling and disappointed in you if you lost a baseball game. Or a teacher called you out and embarrassed you on numerous occasions for not doing well on a test or for providing an incorrect answer. These experiences can scar an impressionable mind and condition one to believe that it is better to not try at all than to try and fail.

A reflection on these types of experiences and life patterns can often be the first step toward peace. Successfully conquering this phobia is a matter of recognition, gaining understanding, and then learning to empower oneself and to control their feelings.

Chapter 1 1

Overcome Your Fear of Personal Relationships and Find Value

We all have different personality types – but even introverts need people to talk to and, more than that, to connect to. Personal relationships are just that – they're personal – and they require us to let other people in and get to know us in addition to us making the effort to get to know someone else. However, unfortunately, not everyone places importance on this and more than that, some people deliberately avoid making personal relationships.



Not only do personal relationships require time and effort, but they also put us at risk. Risk of having someone hurt us, risk of us getting invested in someone who could leave, and risk of betrayal.

Yet, personal relationships are a critical part of what makes humans human, not to mention that it is important to our overall health and well being and can also benefit us professionally.

If you find it difficult to make personal relationships, it is important that you face your fears and move past them.

About the Fear of Personal Relationships

Personal relationships come in many different shades – they might include close colleagues, friends, or even a romantic connection. Each type of relationship is different, but they all have the same base requirements: making a connection.

People who have a fear of personal relationships have a fear of allowing this connection to occur. It does not mean that they avoid talking to people all together – in fact, some people who have a fear of personal relationships can be downright social butterflies, socializing comfortably with complete strangers. It isn't necessarily the socialization that they fear; it is the long term relationship.

People who experience a fear of developing and maintaining personal relationships often experience the following feelings, thoughts, and symptoms:

- Annoyance at recurring social requests from the same people
- A need to continually move and put themselves in new situations
- Restlessness
- Lack of investment in others
- Lack of sympathy or empathy
- No desire to make long-term plans that involve others

- Minimal established social connections
- Lack of social media presence

Unfortunately, a lack of personal relationships not also devalues our lives and our impacts on society, but it can also negatively impact our work performance and progress.

Professionally, performance plays a large part in upward mobility – however, it is not solely responsible. Often times, it is the personal connections and relationships that play a great role in discovered opportunities and earned positions. By failing to develop lasting relationships – even those of a professional nature, people who fear personal relationships are depriving themselves of professional opportunities.



Personally, people who fear personal relationships have a tendency to end up alone. Sure, to them it is by their choice, however, it is a sad existence to go through life never connecting to another in a lasting way. It also removes their options to fall in love, experience building a life with someone, having children, and any number of other life experiences.

The fear of personal relationships – though personal – can extend into our personal and professional lives. And though it may not be as polarizing as other conditions, it is certainly not without its negative repercussions.

Take control of your life and begin opening doors that you didn't know existed by facing your fear and overcoming it for good.

Overcoming the Fear of Personal Relationships

Overcoming a fear of personal relationships often requires various forms of cognitive and behavioral therapy. This fear could be rooted in any number of experiences, such as having been hurt deeply by a friend or abandoned and rejected by a former romantic interest. By exploring these feelings and experiences, we are able to better learn about the fear's origins and begin to build resistance to the fear and open receptiveness.

Chapter 12

Move Past Your Fears



Every fear, every phobia, every anxiety is a bit different – and beyond that, every person experiences them differently. One person may experience nausea and sweating while another finds themselves completely paralyzed and unable to move when called to the front of the room to make a presentation. Just as everyone's fears and how they experience them are unique, the treatments individuals approach to overcome those fears must be equally unique.

Keep in mind, however, that your work to overcome and surpass your fear or phobia will be an ongoing challenge. The seminar series is an amazing opportunity to fast track your

understanding of your fear, begin to understand it, and to meet fellow sufferers for support – however, the majority of your own personal journey will focus on picking yourself back up after you look your fear in the eye.

Moving Beyond the Fear

Conquering a fear or phobia is about more than simply understanding it – it's about embracing that fear repeatedly and moving past it within your heart. It's a process that takes place over time and, while some will make large strides upfront, others will find that their journey is ongoing.

Setbacks are not Failure

Most people will experience setbacks over the course of their journey – remember that this is completely normal and to be expected. For example, if you have claustrophobia, you may work yourself up to taking an elevator, but find out that later in the week, you simply cannot do it – even though you have done it already. Remember: this is okay and that it is not a failure. The only way that you will fail is if you give up and feed into your fear. Find the strength to try again.

Lean on Those you Love

Your friends and family are your strength and are there for you to support you – do not be afraid to lean on them. As you work past your fear, you will need their support, certainly emotionally, but also as you work past your fear physically. Someone afraid of public speaking may find comfort in a simple hand on the shoulder or well-intended push forward. Someone with technophobia may find working with a close friend a way to safely and confidently learn a new technology while escaping the often accompanying frustrations. Agoraphobia sufferers may find that, in the company of a trusted friend, they are able to push themselves into new situations and encounter larger spaces. Use your support system – they want to help.



Reflect on Your Successes

Keep a journal of your journey. Though you will experience setbacks and though some days will undoubtedly be tougher than others, each step forward, no matter how small, is a step forward. On days that you are feeling low, read back on your earlier entries to find evidence of just how far you have come; often you will find evidence of your journey's progress by visiting the earlier days.

Measure Your Progress

To see improvement, define what that means to you at the beginning of your journey. Set tangible goals and milestones – and break large goals into small steps. For example, if you suffer from shyness, set small steps – start with meeting a coworker in the eye, then saying hi to someone new in the office. From there, aim to attend a work happy hour (with a friend). You get the idea. Encourage yourself into new situations and count each one as a new achievement.

Importantly, share your journey – whether that is with a family member, a coach, a friend, or fellow sufferer. By sharing your journey, you are not only more accountable for continuing on your path, but you get support through each step and encouragement to continue and congratulations on each success.

Chapter 13

Overcoming Fear of Expanding Your Business



Every business owner has their own goals, but for many, success is defined by their business' size and income. That said, there are many reasons that business owners choose to stay where they are; however, while there is something to be said about being stable and comfortable, there is also something to be said against hindering your own progress and success.

One thing that makes the fear of expanding your business a bit different than other fears or phobias is that, unlike many phobias which prove debilitating, the fear of expanding your business is based on thought process and reasoning, rather than deeply rooted psychological effects of a traumatic life experience.

While phobia sufferers must make the choice to work through their psychological trauma and fear, those who fear expanding their business must make the choice to consider every angle and take a risk – because, yes, expanding a business does come with a certain level of risk.

That said, the choice is yours, but it is also your responsibility to ensure that your decision to not expand your business is rooted in causes and your own decisions, rather than a fear that may or may not be entirely founded on fact and reasoning. You owe it to yourself – and your potential clients – to overcome your fear and make a solid business decision.

Why Business Owners Fear Expanding a Business

There are always plenty of reasons not to do something, but giving into those fears only leads to missed opportunities. If you own a business and would like to consider expansion – but for some reason are holding back, consider whether any of the following sound like you:

- Desire to maintain work/ life balance – We all want sufficient time to spend with our families, and while expanding a business does require a bit of additional time, the balance is yours to drive and own; it is doable
- Desire to maintain authenticity – This is particularly prevalent among restaurant owners who need to manage their brand and food product/ quality – by learning to share responsibility with trusted, qualified staff, it is possible to maintain quality from afar



- Fear of trusting staff – This is a natural fear and unfortunately that too many employees have proven a valid one. However, by carefully vetting staff and learning sound hiring processes, such as running background checks and reading body language, you can eliminate much of the risk upfront
- Fear of growing faster than you can maintain operations and quality – This really boils down to a fear of putting faith in yourself. Learn to build your confidence and bolster your management skills with classes and new qualifications

Almost every sub-fear of expanding a business can be traced back to a deeper emotional fear or reservation – and those can be confronted and overcome as well.

This having been said, there are many reasons not to expand, lack of resources, lack of skills to manage a larger company, lack of market opportunity, and an inability to tolerate and overcome instability, among them. However, while these are physical reasons based in fact, the above lie in preventing growth due to your own fear.

Stop hindering your success and potential and instead face your fear and push past to overcome it. You will open new doors, challenge yourself, bring new interest to your life and career, and experience opportunity and success that you would have otherwise missed out on.

Overcome Your Fear

It's true that not all businesses are meant or prime for expansion – however, if yours has potential, don't miss an opportunity simply because you are too afraid to try.

There are many characteristics that great businesses have in common, including great leadership that is not afraid of a challenge or to try new things. Great companies take advantage of marketplace-driven dynamics, they transform external threats into opportunities, turn negatives into positives, and look to a grander purpose.

Chapter 14

Overcoming Social Anxiety Disorder

You're at the top of your career game, climbing the ladder and excelling at your current position in every way – but there's one thing holding you back; fear of social situations. It isn't that you don't like people – you do. And once you're in the swing of things, you're usually fine and have even been known to enjoy yourself. But getting to the point where you actually proactively enter a social situation is more than tedious – it's terrifying.

You're not alone – in fact, you're accompanied by approximately 15 million Americans. You all have one thing in common: social anxiety disorder – or social phobia.

This phobia is one of the most common psychiatric disorders and nearly 12 percent of Americans experience it at some point in their lifetime. Note the use of the past tense: having a social phobia is not a permanent state – it is a challenge that you can overcome.

What is Social Anxiety Disorder?

Everyone has a fear of social situations in some way over the course of their life – whether it's nervousness about attending a corporate social function alone or simply concern over who you will sit with for lunch on the first day of school. The difference is that, for people with social anxiety disorder, these concerns can become disabling and crippling to their careers, relationships, and daily lives.



People with social anxiety disorder are not able to force themselves into those situations through rational thought and calming techniques; the anticipation of such events bring on extreme reactions as a result of their fear. They feel powerless, alone, or even ashamed – and these feelings overcome them to such an extent that they are unable to proceed with the most basic of social activities.

The terror and stress that sufferers of social anxiety disorder experience can be brought on by large social interactions – or the anticipation of such interactions – but also by everyday life events. The defining

characteristic of this phobia is that sufferers have anxiety about doing things in front of other people. That may be something as significant as making a speech to a room of 1,000 people or as minor as eating or drinking in public or using a public restroom. There is no defining scale to how small an interaction might be that spurs a reaction – only that it happens.

Take note that social anxiety disorder is far different from standard shyness or embarrassment; people can move on from those things to force themselves to overcome the situation or feeling. In contrast, sufferers of social anxiety disorder live with these feelings day in and day out for years to come and the effects often only worsen if left unacknowledged and untreated.

Social anxiety disorder can manifest at any point throughout a person's life, but most commonly appears during adolescence, on average around the age of 13. People suffering from existing anxiety disorders or depression are particularly susceptible.

Social Anxiety Disorder Causes and Symptoms

The exact origins of social anxiety disorder are unknown, but there is a pattern within families, though no one knows why some family members are affected and others are not. That said, researchers do know that the answer lies in the brain within the several areas responsible for fear and anxiety reactions.

Though you cannot self-diagnose social anxiety disorder, there are several symptoms that may indicate that you should speak with a professional, including:

- Very anxious feelings about joining other people or having to interact with them
- Feeling very self-conscious around other people – beyond standard shyness or embarrassment
- Intense fear of being judged
- Avoidance of social situations and people
- Hard time making and keeping friends
- Physical reactions to fear of social situations, such as blushing; sweating; nausea; or stomach pains

Coping with and Overcoming Social Anxiety Disorder

There are numerous ways to cope with and overcome a social anxiety disorder. Cognitive behavior therapy is a popular form of treatment which involves working with a psychiatrist or psychologist to learn new behaviors, responses, and reactions to various situations. Alternately, there are medicinal treatments available.

Chapter 15

Overcome Your Shyness



You find yourself in social situations – a friend’s party, a work function – it’s part of life, after all. But you hate going, having to interact with people you don’t know. Inevitably, there is a group there that just stands out – that clearly knows one another and enjoys the mingling – the laughing and smiles make that clear enough. How is it possible that these people can actually enjoy the discomfort of it all, the awkwardness, when it nearly kills you just to have to smile at someone passing by?

It’s easy – it’s confidence. And yes, it’s in stark contrast to your own shyness, but that can be overcome.

The truth is, we all find ourselves shy and uncomfortable sometimes. Whether it’s when attending a large even solo when you don’t know anyone there or a different social scenario that simply requires you to put yourself out there – these situations are a part of life.

In your personal life, you will undoubtedly meet new people. You might be dating, attending a function with a friend, or simply attending a party. Professionally, confident socialization is a huge skill that you must master to build a network and your career. To succeed, you must overcome your shyness.

Exploring Your Shyness

One nice thing about shyness is that it is something that everyone experiences at some point in their life and that everyone can identify with – the difference is in how people deal with it. For the majority, they can acknowledge their shyness and push past it to do what needs to be done, whether that means giving a handshake, greeting a room full of visitors, or participating in a group roundtable and contributing to the conversation. However, for others, their shyness is consuming, preventing their personal and professional growth and success; this is problematic, to say the least.

Shyness has a variety of roots and, though technically not a diagnosable disorder, is certainly harmful and a characteristic that will hold you back if left un-faced and unconquered. Most people are born with a certain degree of shyness – but most move past it.



Perhaps you learned early on that if you expressed your opinions, people would laugh, not value your thoughts, or not take you seriously. Or, perhaps you were smart as a child, but learned through classmates’ comments that being smart was not “cool,” so you put your guard up and learned to quiet your thoughts, embarrassed if

someone acknowledged you. Roots might be as simple as not fitting into a social scene and learning that trying to blend in was better than not fitting in at all.

Like we said, the roots are endless and varied – but they have one thing in common; needing to push past them to overcome shyness in order to succeed.

Identifying Shyness

As is often the case, the first step to conquering something is to recognize it. Consider yourself in social settings and learn to identify the difference between shyness and nervousness. With shyness, you will often want to shrink against a wall, avoiding so much as eye contact with others. With nervousness, you might find it difficult to make it through the door at all, but once you do, you will start to feel yourself relax.

Once you have identified your shyness, you next need to investigate it. Is there a certain thing or experience that is bringing it forth? What is it that makes you feel that way?

This identification and exploration are your first steps to working past shyness to open new doors and new possibilities in all facets of your life.

Chapter 16

Beat Your Technophobia and Step Into Possibilities



For many people, technology is a must-have – a component of their daily lives. In fact, many people feel lost if they forget their smartphone at home. However, there is another subset of people who feel quite the opposite.

The idea of owning a cell phone is repulsive and the idea of booting up a computer brings on sheer anxiety. They refuse to take classes or seek assistance with learning new technology and want no part in it all together. It's more than resistance – there's something else there. Perhaps this sounds like someone you know... let's face it, odds are that technophobe sufferers are not willingly reading this online.

Regardless of one's feelings about technology, however, these devices are part of our daily lives and, while someone could theoretically avoid them in their personal life, odds are very little that they could hold a successful professional job without technology.

Exploring Technophobia

Given the ever growing market of available and sophisticated, evolving technologies, most people can understand a suspicion of technology that is often accompanied by some degree of fascination. However, for those suffering from technophobia, that suspicion or fear is there – but without the accompanying sense of excitement and curiosity.

For some, it's the idea of built-in Web cams that brings concerns about spying or hackers being able to see into their living rooms. For others, it's suspicion of someone tracking their Web history or online activity – that violation of privacy, if you will.

For other sufferers, it isn't so much the suspicion of the technologies so much as it is a sheer resistance to them due to frustration or anxiety about actually learning how to use them successfully.

Technophobia comes with a variety of symptoms, such as:

- Resistance to processes that are automated
- An unwillingness to attend training classes or immersion to technologies
- Fear of computers and other technologies
- Exceptionally slow to learn and adopt new technologies
- Refusal to move beyond antiquated systems and ways of doing things simply in an effort to avoid technology

Technophobia varies from many other phobias and fears in that it is not necessarily psychologically crippling. For example, many other phobias are rooted alongside anxiety, panic, or behavioral disorders and often require medicinal approaches to treatment – however, for many, technophobia is simply rooted in emotion and personal preference.

This difference is important in not only approaching those with this phobia, but in approaching a cure. Though people who suffer from technophobia do not choose to have this phobia, it generally a more direct phobia to encounter and overcome.

Overcoming Technophobia

By helping those close to you to encounter and move past their technophobia, you give them more than release from their fear; you open new doors and possibilities for them. Overcoming this fear is about more than simply encountering and learning new technologies – it is about furthering one’s professional upward mobility and potential and about arming them with the tools to perform more successfully and efficiently.

For many, treatment is as simple as working to face and learn new technologies in a more intimate setting with a teacher who is extremely approachable and patient – after all, the root of technophobia often ties to frustration from learning or technology’s rapid development and change. Many businesses provide hands-on support for sufferers given the importance of technology in the workplace. There are also therapeutic approaches to delve into one’s phobia. Everyone’s fear is a bit different and so exploring that fear and treating it must take an approach just as individualized.

Chapter 17

Imperfection Is A-Okay - Conquering Toxic Perfectionism

We all have things that we'd like to do better... whether it be perfecting that piano solo, consistently hitting that three-point basket, submitting a perfect report on the job, or simply being the perfect, charming dinner date. A quest to improve is part of what makes us human and high-value citizens... but that quest, for some, comes with a dark side.

In an effort to perfect that piano solo, you find yourself no longer finding joy in your playing and wasting unsatisfying time at the piano, starting over every time you hit a wrong note – you can no longer remember the last time you actually finished the entire piece, let alone enjoyed what you are doing.

At work, you receive feedback on your work – in an attempt to make the next one “perfect,” you stay late and work harder than ever... but when there is feedback on that project as well, you begin to despair.

At dinner, you say the wrong thing and find yourself blushing, replaying the incident that anyone else would brush off over and over in your head, finally resolving to no longer date.

Your quest for perfectionism has gone toxic in a disorder known as “Toxic Perfectionism.”

Exploring Toxic Perfectionism

For a perfectionist, life is an endless battle of one upping their last efforts in an effort to achieve a perfect version of themselves. The problem is, in life, there is no such thing as perfect. That view of perfectionism is self-defined and the problem with that is that views change – and with them, so do definitions. What may have been perfect to one a year ago is now a step merely above failure. And so, sufferers of toxic perfectionism find themselves in a constant battle that is quite simply impossible to win.

This treadmill effect often leads to more severe and clinical problems, such as depression, eating disorders, or obsessive compulsive disorders that manifest and develop over time.

Toxic perfectionism is particularly prevalent in religious areas or communities. For example, the Church of Latter Day Saints has been found to have a particularly large volume of sufferers of this disease due to the pressures placed upon members of the church. Sufferers have a tendency to take their religious beliefs to an extreme out of fear for what will happen if they do not live their beliefs.

Utah, for example, is the area in the United States most affected, evidenced by also being one of the states with the highest prescription rates for Prozac and other subscription antidepressants, as well as the top spot in the nation for plastic surgery.

However, despite this geological hotspot for toxic perfectionism, this disorder can affect anyone. For some, it is a result of feeling their own shortcomings or by feeling inadequate when comparing themselves to others. For others, it is a frustration with some element of themselves that transpires into something bigger.

Women are more prone to toxic perfectionism than men, but men are also susceptible.

Treating Toxic Perfectionism

It is far easier to beat your toxic perfectionism in the early stages than it is to conquer it once it has transformed into a more severe disease or disorder. Although not all sufferers land in depression or other difficulties, most do – if not in the short term, over time.

Treating toxic perfectionism often includes a variety of treatment options, including working with a psychologist, medicinal support, such as antidepressants, and community-based support groups or organizations.

Since toxic perfectionism often results from a culmination of biological and psychological factors, most sufferers will leverage multiple coping and treatment options, rather than focusing on just one approach.

Chapter 18

How to Escape Loneliness and Conquer Your Fear

There is hardly any individual in this universe that has never experienced loneliness and isolation for some reason or other. Human beings, being social animals, dread solitude. The very thought of solitude creeps you out as experiencing loneliness is never an amusing experience for us mortals. At times, people prefer staying in solitude by choice. For instance, saints, poets, artists, mystics and philosophers often prefer solitude which is considered as a refreshing and positive experience for them. However, for some people, loneliness can lead to phobia that enormously affects their health and gradually turn out to be fatal. The fear of loneliness strappingly grips their mind and compels them to do anything and everything to escape loneliness.

Individuals who dread the idea of lonesomeness exhibits the tendency of spending time with others as much as possible. This desire often turns out to be devastating and slowly but surely, such individuals become totally reliant on others. Thus, the fear of loneliness can handicap your ability to lead a normal life by making you anxious, cynical, dejected and insecure, which finally takes the shape of depression.

Wise are those who utilize this fear and convert it into a boon. You too can do that only if you realize that the time you spend with yourself is the only time when you can discover yourself and be just yourself! So steal some time for yourself everyday so that you can unwind, think deeply, and concentrate on self-growth, without depending on anyone.

HOW CAN I WELCOME SOLITUDE WHOLE-HEARTEDLY AND REJOICE LONELINESS?

Learn to relish silence: We live in a fast-paced society where people seem to have no time to stop and smell the roses. You can utilize the little spare time that you get in midst of your tight everyday schedule to hone your inventiveness so as to identify the talents that lies within you. The little bit of spare time that you get everyday is the golden opportunity to collect your thoughts. You can make the most of this time by pursuing your hobbies without any distraction.

Alternatively, you may also opt for mental relaxation exercises to eliminate stress and anxiety. Such exercises play a key role in stamping out panic attacks. Many individuals practice meditation, deep breathing techniques and aromatherapy to embrace solitude by conquering their fears. You too may try these techniques as they prove to be quite effective in combating your fears. These techniques not only make you feel relaxed but also improve your social life, simultaneously. As soon as your propensity to be in the company of others fades away, you can enjoy life to the fullest, in solitude as well as in the company of others.

Make Gratitude Your Attitude: Several studies have been carried out to prove that gratitude is a great virtue that always benefits people. Thus, you should show your gratitude to your family, friends and all the people in your life. Gratitude generates positivity that makes you more loveable besides improving your overall health.

Uncover the Beauty of Solitude: According to experts, when you feel lonely, it is not the person that you miss, but the activities shared with that person. Thus, the best solution in such situations is to keep yourself occupied. Go out for a lunch or dinner or watch your favorite movie. Initially, it may seem a bit awkward but sooner or later you will realize the bliss of being all by yourself. The thought that you can't spend time all alone stops you

from enjoying life and consequently, you become reliant on other people; thus, you should never let this idea creep into your mind. Conquer your negative thoughts on loneliness and once you succeed in doing that, you will be able to take pleasure in your independence. There is absolutely nothing wrong or weird in being alone. Instead of sulking over loneliness, transform it into a magnificent opportunity to enrich your life and fill it with joy and mirth.

Chapter 19

Overcoming Nyctophobia: The Fear of the Dark

Remember the days of your childhood when you were scared of darkness and the slightest rustling sound in the night would send chills down your spine? Fear of the dark, also known as Nyctophobia is not only common amongst children but also among grown-up individuals. Nyctophobia is indeed a horrible experience that robs you of peace of mind and makes you believe that ghosts, monsters, evil spirits or nocturnal creatures may attack you in the dark. Often this abnormal fear of darkness causes insomnia and other anxiety disorders. Nyctophobics who surrender to this irrational fear dread darkness and find it difficult to fall asleep till lights are turned on.

Why do People have a Fear of Darkness?

An emotional shock linked with this particular fear that was experienced by an individual during his/her childhood may take the form of Nyctophobia when the individual grows up. Sadly enough, it is impossible to avoid darkness completely; and this further debilitates makes Nyctophobia.

How to Surmount the Fear of Darkness?



Nyctophobia, an unfounded fear makes an individual anxious and panicky in dark surroundings. The continuous fear of bumping into creepy things in darkened environment leads to this fear. If you are a Nyctophobic, you can certainly get rid of this phobia by conquering your fears. Always reassure yourself that there is nothing to be afraid of. Once fear grips you after you switch off the lights while hitting the bed at night, muster adequate courage to get yourself out from your bed and boldly face your fear. Next time you get a creepy feeling thinking that there is something hiding behind the chair or the curtains, get up immediately and inspect the place. Once you find out that your fear was baseless, you can relax and be at ease with yourself. This will also help you overcome your fear and consequently, you will not

spend sleepless nights pondering over your irrational fear of darkness.

Meditation is another effective means of relieving the nervousness and horror that you experience in darkness. Ten minutes of meditation everyday expels all unwanted fears and negative beliefs from your mind.

Concentrate on your breathe while you inhale and exhale and allow your body and mind to relax. Keep your mind occupied by engaging in your favorite activities, such as playing with your pet, or listening to your favorite music. At the same time, stay away from things that stress you out at night or make you fretful.

It is not possible to overcome your fear in a day and sleep in complete darkness; therefore, take one step at a time. If a dark room makes you feel eerie and uncomfortable, you may use a dim light in your bedroom. Many

people who do not suffer from nyctophobia have the habit of sleeping with dim lights on; thus, it is perfectly okay to sleep by keeping your bedroom lit with a dim light.

Try to identify the reasons that make you terrified of the dark. Is it any imaginary object that your mind correlates with darkness? Is it any particular event of the past that makes you dread darkness? Once you find out the reason, you should take measures to alter your notion about darkness. You can do that by forming optimistic connection with darkness. Try to realize the soothing effect of darkness and its calming effect. Once you discover the positive side of darkness, you will soon start embracing darkness rather than shunning it.

As soon as you alter your negative thoughts related to darkness, you also change your beliefs that generate those thoughts. Altering your idea about darkness is the key to conquer your fear of darkness.

Chapter 20

How to Beat your Fear of Flying ?

Do you yearn to visit your dream holiday destinations but the unrelenting fear of flying thwarts you from materializing your dreams? If that's true then you are an aerophobic. Aerophobia or Aviophobia, also known as the fear of flying, is a potentially distressing phobia that several individuals suffer from, irrespective of age. Though flying is considered the safest mode of traveling in present times, there are still many people who dread the slightest thought of flying. However, by taking the right measures, you can cure your fear of flying .

In order to overcome flight anxiety, the first thing you need to do is to find out the factors that triggers this fear in your mind. The thought of being trapped in an airliner for multiple hours often makes some people panicky thus making them aerophobic. Another popular reason that triggers this phobia in people is the fear that the plane will crash. Thus, to beat this phobia, you need to ascertain the causes behind it.

Overcoming Your Flying Phobia

The only way to conquer a particular fear is to learn more about. The more you know about the fear, the less ambiguity there will be for you to be concerned about. So make yourself familiar with everything that you want to know about flying—such as airplane turbulence or ear popping when airplane move up and down. Carefully study the details related to airplane bumps and the different sounds that you may hear through your flight. This significantly helps you reduce your fear because once you find yourself in bizarre situations you will not start panicking by presuming the worst, since you are well-informed.



the

According to experts, reading about the anatomy and functioning of an aircraft also helps a lot. A study conducted specialists concluded that mechanical glitch that may occur during a flight is the main reason that gives birth to flying phobia. Therefore, try to read and gather as much knowledge about the science of flight so that you can feel comfortable and secure the next time you board a flight.

Mindfulness meditation is an effective way of dealing with your anxiety. You can start by practicing meditation, or doing yogasana so as to relax your mind and body. Go for walks in the morning or evening to manage your restless thoughts. Take care of your diet and reduce your caffeine intake particularly just before boarding a flight as caffeine can multiply your anxiety. Remember that life is an adventure and you should be daring enough to take risks. Acknowledge the fact that human beings do not have control over their future; whatever is destined to happen, will happen. Ease your mind by diverting yourself from everything that makes you anxious about flying.

Contemplate on the optimistic facets of your trip and soon you will realize that flying is an enjoyable experience and not as much of a peril as you used to believe.

Try distracting your mind as much as possible so as to keep all unwanted thoughts associated with this fear at bay. There are several ways of distracting your mind; for example, read interesting books, or watch your favorite show on TV, or finish your pending office work. Pick up any fascinating hobby so that you can ignore your fear.

Chapter 21

Say 'GOODBYE' to Your Fear of Love



Love is one of the most beautiful and common emotions that every human being experiences at least once in life. Nevertheless, there are many of us who fear the very idea of falling in love. The irrational fear of falling in love is called philophobia. People suffering from the fear of love have their own unique reasons for the same. Failed relationships and the fear of the uncertain consequences of love, are some of the common causes that lead to this phobia. Individuals suffering from philophobia stay away from long conversations with people lest they fall in love.

Any individual having this pessimistic view towards love intends to distance himself from anything and everything that may take the shape of a love affair. They are of the opinion that by avoiding love they can be safe from the consequences of love. However, they fail to see the fact that by keeping themselves away from loving relationships, they are depriving themselves of this beautiful feeling called 'love'.

Fear is a major obstacle in every relationship and identifying the fear becomes quite tricky at times. Nevertheless, if you do not recognize your fears, you will never succeed in attracting a healthy and happy relationship into your life.

Trouncing the fear of love.....

The good news is that you defeat your absurd fear of love. The first step is to identify that you are a philophobic. Once you are sure that you have philophobia, it becomes easy to find the right solution. Relationship experts opine that the only person you can transform or control in any relationship is yourself. Once you embrace the feeling of love, you will automatically transform a major part of your groundless fear. So start conquering this fear right now by allowing the amazing emotions of love, fondness, affection and thoughtfulness into your life.

Simultaneously, do not prevent yourself from showing and showering your feelings of love for other person. This is very important; because only when you express your love to another person, it becomes easy for him or her to reciprocate mutual affection.

IS YOUR PAST HAUNTING YOU?

Once you gain the confidence of falling for someone, your past may start haunting you again. In such situations, always reassure yourself that now you are wiser than you used to be. Comfort yourself with the thought that your past with all its bitter lessons is gone and the wise decision for you would be to move on rather than brooding over it. At the same time, think positive and remind yourself that the person you are falling in love with is a different individual and your current situation is also much different from that of the past. Now that you are prepared for a new beginning, take the first step and approach the person you are in love with; it is going to be worth it, for sure! On the other hand, you may also seek counseling from a psychotherapist or

discuss your fears with someone you trust; because it is said that discussing your inner fears is the best way to face your fear.

ARE YOU WORRIED ABOUT THE FUTURE?

If you are continually anxious about the future of your relationship, and have been spending a considerable time and energy brooding over questions such as—“What if this relationship does not work out in future?”, “What if he/she betrays me in the long run?”, it is time to reassure yourself that the energy and effort that you put into a relationship never goes in vain. Always remind yourself that love opens your mind and each relationship that you enter into, teaches valuable life lessons about yourself as well as others.

Keep in mind that you are not the only person in this world who is apprehensive about love. You will perceive this as and when you start mingling with different people. Once you get together with likeminded individuals, you will gradually notice that your thought process is undergoing a positive change. So liberate yourself from the chains of fear and fall in love with a partner who is emotionally close to you, one who cares for you; someone who helps you grow, and will stand by you through thick and thin. You can find such a partner only when you interact more with people you get to know every day. Allow yourself to fall in love by leaving your fear of love far behind.

Chapter 22

Bid Adieu to Negative Thoughts

Our mind often fights with pessimistic thoughts. Negative thoughts affect our mind almost every day thus preventing us from thinking in a positive way. Normally pessimism arises from anxieties, panic attacks, doubts, and assumptions that we hold. Whenever we face a particular problematic situation, we perceive the problem at hand and start brooding over its consequence and end up losing our cool. If such negative thoughts remain unchecked, it starts commanding of our feelings and eventually drains our energy. Thus, it is essential to find out the root cause of our assumptions and destroy them step by step.

Getting rid of pessimistic thoughts...

The initial step to get rid of your negative thoughts is to accept and release them. If you simply try eliminating negative thoughts from your mind, it may not work. Thus, you must acknowledge those thoughts before throwing them out of your mind, calmly. You will also observe that your pessimistic thoughts will haunt you again. In such situations, you need to acknowledge that those thoughts are coming back; and you should again eliminate them in a calm manner. It is not necessary to start a conflict with your mind to drive your pessimistic thoughts away; simply you need to tell those thoughts to keep moving. The approach of letting pessimistic feelings go is also practiced in yoga and meditation for improving one's ability to concentrate on the present.



Try challenging your negative beliefs and assumptions with rational questions, such as—“Is this thought true?”, “Are there any solid facts that make this thought true?”, and so on. By challenging your negative thoughts, you become aware of the fact that most of your assumptions and beliefs are untrue and baseless.

By eliminating your pessimistic thoughts, you allow your mind to embrace positivity so that you can be more relaxed. This entire procedure may be time-taking particularly if you are a pessimist; but ultimately your mind will start receiving more optimistic thoughts.

You may also form your own optimistic outline of thoughts to eliminate your negative thoughts. Your main purpose should be to make your optimistic thoughts come to your mind naturally, just like your negative thoughts. Try repeating those thoughts as many times as possible; for example— “I can do this”; “I can achieve this”, etc. Such positive affirmations play a key role in eradicating your pessimistic thoughts, as and when pessimistic thoughts starts drifting in your mind. Try practicing this procedure regularly, and soon you will be able to do it with ease.

Rather than battling with your thoughts, just let them be. Be at ease with your thoughts because even if you are nervous or worried about your pessimistic thoughts, your mind can still function in a good manner. Thus, next time, you experience the tendency of clashing with your thoughts, be calm and stop yourself from battling with them. In such situations, try focusing more on optimistic thoughts and soon it will turn into a habit. However, despite this practice, at times you may still feel anxious. In such situations, do not panic but just keep calm with a smile on your face. Keep in mind that nothing else can generate positivity as much as your smile.

Chapter 23

Bravely Conquer Fear Of Death

“All Who Are Born Must Die!” Death is an inevitable truth and no one can escape death. Despite knowing this, many of us dread the very thought of ‘death’. This fear is so intense that it robs you of your peace and happiness, thus making your life miserable. Once the fear of death in an individual intensifies, it is called thanatophobia. While some experts opine that continuous fear of death may be the consequence of anxiety, others are of the view that fear of death is not the effect of anxiety but a phobia in itself.

Thanatophobia is indeed curable and there are several ways to conquer this fear. Once you learn to overcome this fear, you allow yourself to live a happy and peaceful life.

Accept the Fear of Death!

Accept the fact that as and when the body grows old and become diseased, it has to ultimately die. This is the law of nature and none can challenge it. Once you acknowledge this fact, your mind will be at ease. However, during the initial phase, the fear may haunt you again the very next moment. In such a situation, you are advised to take a pen and paper so that you can write down all your fears related to death. Do not hold yourself back; but pour your heart out. This is a crucial step that is quite effective for dealing with Thanatophobia, as it helps you identify your fears so that you can take fruitful measures to drive to away from your mind. The act of jotting down your fears will not only liberate you but also empower you to dump your fear.

Conquering Thanatophobia

The moment fear of death grips your mind, it tries to conquer you and make you depressed. This fear may grow intense as a result of the death of your loved ones. This fear lingers on your mind as long as you stay anxious and morose owing to the death of someone; and once this feeling subsides, your fear too leaves you. However, if you still experience anxiety at the thought of death, you must seek the assistance of a counselor who can guide you positively to deal with the phobia. Wise men are those who rarely ponder over the inevitable.

It is a known fact that once day we will quit this world. However, problem lies with the fact that the transient characteristic of life strikes our mind suddenly and the idea of dying or losing our loved ones fills our mind with sadness and fear, thus preventing us from living life to the fullest.

Nevertheless, you can utilize this understanding of death for bringing in optimistic actions in your life. It is true that repressing a thought never helps you get rid of it; however, it makes you dwell over the thought all the more. So, it is advisable not to shun those thoughts completely; rather you should try to relax and chill whenever such thoughts cross your mind. You will realize that once you are relaxed, the fear of death won't grasp you and you can slowly you will be able to drive such thoughts away. What matters is how you react to your anxieties and negative thoughts; not what you think about your thoughts.

This practice also prepares you to face any unforeseen circumstance in future with courage and strength. So what are you waiting for? Start facing your fear right away!

Chapter 24

Defeat your fear of self-doubt

Life is not an easy journey. It throws lemons on you as and when possible in the form of challenges. At times, the challenges we face, gives birth to fear in your mind and prevents you achieving your goals or treading the path of success.

It is quite easy to set your goals; however, the most difficult part is to conquer your self-doubts that stand as obstacle in the way of your success, making you terrified and nervous! People believe that resisting our doubts and inner fears is the only way to avoid them. However, this is not the way to kill your fears. To prevent negative thoughts from nesting on your head, shoo them away with positivity and confidence.

You can certainly transform your fear into the fire to burn your apprehensions and doubts so as to reach your full potential and lead a free life.

Overcoming your fear of self-doubt -



Fear, apprehensions, self-doubt and nervousness tend to make you their slaves. Each time you set a particular goal, your inner voice interrupts by echoing that you cannot accomplish the goal as you are not capable of achieving great things. This criticism by your inner voice is responsible for destroying so many dreams and innovative thoughts and ideas that goes unimplemented because of the negativity with which it fills your mind. It destroys your and kills your logic, thereby robbing you of mental peace and happiness.

The primary step to rise above your fear is to accept it, irrespective how much it scares you. Take

responsibility of your fears so as to prevent it from suppressing you.

Always keep in mind that your urge to do something new is the root cause of your fears and insecurities. To handle such anxieties that prevent you from moving ahead in life, you should try breaking your anxieties, nervousness and worries into smaller fragments. Scale down your anxieties to a size that is controllable and soon you will succeed in escaping from your comfort one to march ahead towards your ambitions.

One of the most important ways is to ignore what everyone else thinks about you. Many people deprive themselves from living a happy and content life fearing what other people think about them. This shatters their confidence and stops them from accomplishing great things in life. Whenever doubt and insecurities hit you, always remind yourself of the success you have achieved throughout your life and cheer yourself up. This will boost your morale, instantly!

A man is known by the company he keeps. Therefore, you should be in the company of people who produce positive vibes so that you can develop an optimistic outlook towards life.

Whenever you feel anxious, take a break and relax. Try to do something totally different to amuse your mind. Taking time away from what you were doing and concentrating on something entirely different goes a long way in helping you take an entirely new standpoint for achieving your goal.

If you are afraid of failing in life, you can never succeed. Therefore, you should challenge your capabilities every day. The more you challenge yourself, the more you become capable of harnessing your creativity. At the same time, this helps you reverse the depressing effects of self-doubt.

It is a common human nature to falter or to feel pain, but finally nothing can stop you from achieving your goal.

Chapter 25

Overcoming a Fear of Rejection

Many phobias and fears have roots in the physical world – but few can truly impact all aspects of our lives so deeply as the fear of rejection. It’s raw emotion – and it truly speaks to our highest vulnerabilities. No one likes rejection – and, to some extent, we are all afraid of it. The difference lies in that fear’s degree and power over you.

Exploring the Fear of Rejection



A fear of rejection reaches into every aspect of our lives – dating, marriage, meeting new people, job interviews and business dealings – there is no limit.

In dating, you might fear that you’ll get turned down or rejected if you ask someone out. Or worse, you become afraid that they will reject you later, breaking your heart. In marriage, a fear of rejection can go far beyond fear of rejection in the bedroom, ultimately growing into feelings of jealousy or resentment toward your partner as a result of your own inability to express yourself and your own wants and opinions due to your fears.

Socially, you might miss out on opportunities if your fear is so far reaching that you simply avoid social situations that require you to meet and interact with new people for fear of not fitting in or being accepted.

Professionally, your fear of rejection could hinder your performance in a job interview or, worse, prevent you from going for what it is that you truly want professionally because you are too afraid of them saying “no” or not making the cut. Later in business, you could miss key business opportunities if you are simply too afraid of a prospect or potential client turning you down.

Yes, it takes guts and plenty of confidence to go after what you want – and there is always a risk of someone saying no. But, as they say, “you will always miss 100 percent of the shots you don’t take.” So how do you move past your fear of rejection to explore life when you know you are putting yourself at emotional risk?

Common Coping Mechanisms

Many people who experience a fear of rejection develop various coping mechanisms – unfortunately, many of these devices are to their detriment.

For example, many people develop a “mask personality” of sorts – a carefully manicured and packaged persona that they use when interacting with others that is not actually their true self; though intended to protect their true self’s emotions and feelings, it also prevents them from developing true, meaningful relationships.

Many also go out of their way to avoid confrontation, causing them to bury their own wants. Unfortunately, this is not a natural behavior on a consistent basis as we all have things that we want or opinions. All too often, these people over time develop passive-aggressive behavior as a result of not getting their desires met or heard. This

behavior is not necessarily intentional – it may manifest in ways, such as simply forgetting to do something, such as keeping a promise, working inefficiently at something, or simply producing low caliber work products.

Beware of these mechanisms and carefully evaluate if any of them sound like you. While they may help you to bury your fear in the short run, the only way to truly heal and move forward is to conquer your fear head on.

Overcoming the Fear of Rejection

Many people have success by simply creating and reciting their own mantras and encouragements. By forcing themselves into a situation, they are able to better explore the results. For others, it's about visualizing success and letting go of their own propensity to imagine the worst case scenario.

The path to overcoming a fear of rejection is a bit different for everyone, but there are hundreds of techniques and options available to you.

Chapter 26

Learn to Conquer Obsessive Worry

Everyone worries in life... In your personal life, you are worried about doing the best job you can as a parent and seeing your children grow up healthy and to be successful. In your professional life, you may worry about completing a report to your management's expectations and satisfaction or adequately researching in advance of a client presentation. Everyone worries – and to some extent, worrying is healthy; it's a sign that you care and are invested and can even help you to push yourself to improve and learn new capabilities. However, there are limitations to healthy worrying as worrying can also become an obsessive habit.

You find yourself unable to sleep at night, your mind continually running about what could happen or what might be wrong. You start to make mistakes due to your concern over doing things the wrong way – you find that the things you are worried about are happening in increased frequency as you try to prevent them from happening in the first place. And then you find yourself worrying about how much you're worrying. Yes, worrying about worrying – we get it and you're not alone.

But how do you stop the pattern of obsessive worrying and return to healthy levels of concern and productivity? And when exactly does worrying become an obsessive problem?

About Obsessive Worrying

Obsessive worrying is, in and of itself, not typically recognized as a classified disorder – however, it often serves as a symptom or pre-cursor of another disorder, such as obsessive-compulsive disorder or an anxiety disorder.

Often times, obsessive worrying behaviors evolve overtime, unlike other troubles which often occur as a result of a trigger action. For example, you might find yourself weighing the potential various outcomes of a decision in an effort to make the best decision possible. This behavior is healthy – and even smart and encouraged. However, as stress builds and the impact of your decisions grow, some people find that they spend more and more time worrying about the various incomes and eventually become incapable of actually making the decision as their worrying and evaluation becomes obsessive.

Obsessive worrying can be particularly debilitating in a professional environment as it has a tendency to delay progress and to accompany other undesirable behaviors, such as extreme nervousness, being high strung, and an inability to make a decision or lead a team. Personally, it can erode relationships either directly because of one's anxiety about a particular person or relationship or indirectly as obsessive worrying behaviors grow a nuisance to those surrounding the person experiencing the obsessive worrying.

Unfortunately, if left untreated, obsessive worrying is a spiraling behavior that often only grows worse over time.

Treating Obsessive Worry Behaviors

There are several forms of treatment available, though working verbally with a therapist is one of the most popular.

For some people, this can be as simple as learning exercises, such as deep breathing to calm down or how to put things in perspective. However, for others, their obsessive worrying behaviors may be too severe and debilitating to stop mid-episode to calm themselves down or shift their behavior.

There are medicinal treatments available, though, as ever, they are often recommended only after other courses of treatment have been attempted and thoroughly explored.

The first step is to recognize that your worrying is not “standard” and that you have a problem – the next step is to recognize that you need help conquering that problem.

Chapter 27

Disinfect From Your Fear of Germs for Good

They're everywhere! Normal places everyone defends against – think toilet seats, remote controls, kitchen counters, etc. – sure, but they're also lurking on every common surface out there. Beverage cans, your credit cards, money, seats and benches at the park – the list is endless.

Everyone knows that they're out there – and many take precautions in the way of frequent hand washing and the occasional sanitary wipe. But you know that they are everywhere and that no matter what you do or how much you clean, it's a constant battle against those germs. It's consuming – and more than that, it's begun to affect your relationships and your job performance.

At home, you lay awake at night thinking about the germs your husband/ wife is bringing into the bed – which is why you change sheets nearly daily. The bathroom is a nightmare – never mind thoughts of cleaning up after poultry in the kitchen.

At work, you only answer your phone with a carefully placed Lysol wipe – but forget answering the Polycom during a group meeting or, even worse, calling IT for computer help – they'll get their germs all over your computer. You greet business meetings with pure terror – handshakes are paralyzing to you and you never can quite avoid them without making someone feel awkward.

These behaviors are normal to you – they're what you know. But the truth is that they go far beyond “normal” prevention and defenses of germs. Most likely, you're suffering from mysophobia – an intense fear of germs.

Exploring Mysophobia

Mysophobia is most commonly associated with obsessive compulsive disorder – or OCD for short. OCD can manifest in a multitude of ways, from repetitive behaviors to incessant perfectionism, obsessive cleanliness, and more; fear of germs and an obsession with preventing and avoiding them is another manifestation.

We don't know exactly how many people in the United States suffer from this phobia, but we do know that it is experienced commonly enough to be fairly well known. Celebrities, including Cameron Diaz and Howie Mandell are quite known for their mysophobias, having brought attention and knowledge about this phobia to the public.

Though everyone experiences mysophobia a bit differently, in diagnosing this phobia, clinicians consider the following:

- How often and for how long do you spend each day cleaning and/ or washing?
- Do you clean and wash to relieve anxiety?
- Is your obsession taking over and harming aspects of your life, such as productivity; your relationships; and your performance?
- Are you aware that the obsession occurs? Are you compelled to clean/ wash in spite of it?

Overcoming Your Mysophobia

There are countless methods of facing your fear, but since mysophobia is both psychologically and emotionally rooted in most cases, overcoming this phobia often requires a multi-faceted approach.

Most approaches involve response prevention or exposure and response therapy as part of the course of action. Essentially, in addition to working to recognize and be cognizant of your own behaviors and tendencies, these types of therapies work to explore the causes of those thoughts and behaviors to then recondition your mind.

Medications, often the same types used to prevent anxiety or depression, are also used to varying degrees in the course of treatment.

With mysophobia, your mind works perfectly well – the problem is that it works bit too hard, over-emphasizing things as they turn in your mind; this is what causes you to obsess on specific things, such as germs. These therapies work to explore those tendencies in your mind to “shut off” triggers and various reactions while reconditioning your responses to pare them down to more “regular” levels.

When you conquer your mysophobia, you will recapture hours of your life every week while also strengthening your relationships and job performance and productivity.

Chapter 28

Conquer Your Fear of Success and Start Living Your Potential

Every parent has certain expectation from their children and to motivate them they use encouraging words such as, “You can do it”, “You have got all potential to achieve your goal,” or “Never give up and put all your efforts to achieve your goal.” Constructive criticism by your parents, teachers or coach such as “if you only work hard” or “if you put extra hours”, etc., are meant for motivating you; however, such words of motivation often instills fear in your mind—fear of letting down your parents and teachers or failure of achieving success.

While some people think that such feelings will motivate them to work hard in life to achieve their goals, others have a negative opinion as they believe that those feelings generate a contrary effect as they instill feelings of failure and self-doubt. Such feelings evolve and morph themselves thus causing the person to dread success. However, it is not essentially success itself that they are scared of; in fact, it is the fear of disappointing others or failure to meet the expectations to the intensity they had expected to reach. Instead of motivating people to work harder, the expectation along with motivational feedback in fact, hold them back from moving ahead in life.

Tips to Explore Fear of Success

An amalgamation of multiple fears results in the fear of success. For example, generally the fear of success may result from the fear of letting someone down who have immense faith in your capabilities— such as your parents, teachers, friends, and so on. Nevertheless, fear of success cannot fit in one sweeping statement, as success indicates different things to different people.

For instance, terror of success may interfere with your personal life by making you dread successful relationships. Now the question is why would anyone fear a successful relationship? In such cases, the fear of success may evolve as the consequence of a certain sub-fear of an impending failure. This fear may be ingrained in feelings such as shamefulness or of being pleased when someone known to them fails to achieve success.

From career perspective, it may be the outcome of one’s reluctance of competing with others or the reluctance of hurting others while moving ahead in life. It can also be the fear of being unable to a fear of being unable to achieve professional success or the fear that prevents one from taking the necessary risk to emerge out as successful.

Fear of success occurs due to innumerable ways and its sufferers should find measures to combat fear of success by identifying the fundamental causes and fears.

Overcoming a Fear of Success

Conquering the fear of success is often possible through self-exploration. You can also go for professional assistance by consulting a therapist who can counsel you in the right direction by helping you explore the real cause behind your fears and doubts. Therapists and counselors engage in verbal discussion that allows the person suffering from phobia to learn a lot about themselves. Fear prevents people from exploring their potential and living their life to the fullest. Negative feelings are deep rooted in our thought process and

professional assistance goes a long way in uprooting those thoughts besides helping you build your self-confidence.

Different individuals experience different fears; hence one's journey towards conquering one's fears will be totally different from that of another. The ideal way to conquer your fears is to work with a qualified counselor who has adequate experience in identifying individual needs besides helping you follow specific approaches for overcoming your fears so that you can move ahead in life.

Chapter 29

Fear of Being Single

The fear of being single often makes us sad and morose. If you are single and have not been able to find a partner yet, it is quite normal for you to brood over your singlehood. Often thoughts of being single forever dread us so much that they make us depressed and lonely. At times, people going through such feelings start believing that they are full of imperfections and destined to lead a lonely life, for good! However, such thoughts are mere imaginations and not reality. Every individual should realize their worth and believe that they deserve to be cherished and loved.

Be Gentle with Yourself...

Every human being has an inner voice that keeps on analyzing everything that happens in your life. You find yourself engaged in both positive and negative monologues and such conversations with the self cast a deep effect on your feelings. Thus, as and when your inner voice echoes negative thoughts such as “I am unattractive”, “I am not intelligent”, “I cannot be successful”, and so on, your insecurities build up and you start considering yourself as insignificant. The trick is to be kind to yourself. You may come across people who make you feel unworthy; however, the opinion of others does not matter and criticisms of people do not define your real worth. Learn to pardon yourself for all the blunders that you have ever done and listen to the negative thoughts of your inner voice with least interest. If you continue concentrating on your drawbacks, you will soon develop the notion that no one wants to be with you.

Having enough confidence in yourself will help you know your worth in life. Self-confidence also makes your personality attractive, and makes you valuable to others as well as yourself. Thus, work on building your self esteem by growing your confidence level. By doing so you will start loving yourself and exude positivity wherever you go. Meditate and generate encouraging self-affirmations so that you can do away with all negativity surrounding you, thereby healing yourself.

Change your attitude about the opposite gender

You may have gone through bad experiences with someone of opposite sex which has altered your attitude towards them. Such bad experiences often lead us to deduce that all men are selfish and all women are greedy. However, such act of generalizing does a lot of harm to your personality. The truth is there are lots of honest men and women who are much different from the ones you have come across. Holding negative views about the opposite gender will only strengthen your fear of mingling with another person since you develop the notion that there is not even a single good human being left on this world.

The society has always been putting significant pressure on individuals to be in a relationship; and this applies specially for women. Irrespective of how successful you are, society instills the idea that one cannot be truly happy if one does not have a partner in one's life. This concept portrays singlehood as an utter failure. However, the fact is that singlehood cannot be counted as failure. It is totally your choice to be single or in relationship. If you want to enter into a relationship, you are free to do so; but if you want to wait till you find the right person or to heal your heart from the pain of a previous relationship, you are free to do that as well.

The trick is to transform your attitude towards singlehood. As soon as you change your perspective and generate a positive view about yourself, you will no longer fear the idea of singlehood. In fact, singlehood is a golden opportunity to grow and know yourself.

Chapter 30

Conquering Your Fear of Public Speaking

You enter the office, ready to rock another day – your boss loves you, you have upward momentum, and are well on your way to that next promotion. Your day starts off well and your boss once again hints that that promotion may be just around the corner – you’ve never been more in the clouds. But then, at the afternoon team meeting, your stage comes tumbling down when your boss designates you to speak on behalf of the organization at an upcoming conference.

Sure, the idea of a few days at a luxury hotel on the company’s dime is appealing – but all you can think about is how nauseous you feel at the idea of having to speak in front of all those people. Your palms are sweaty, you feel faint. There’s no getting past this fear of public speaking.

Except that there is – and you must if you want to move forward in your career.

About the Fear of Public Speaking

The fear of public speaking – also known as glossophobia – is the number one fear in the United States according to numerous studies on the subject of popular fears, with as much as 75 percent of the population experiencing this fear in some form. Statistically speaking, gender is not a factor as, reportedly, 73 percent of men suffer from this anxiety compared to 75 percent of women.

Notably, glossophobia is not the same thing as nervousness about public speaking – it refers to a severe condition and reaction in anticipation or reaction to speaking in front of people.

Interestingly, sufferers of glossophobia aren’t afraid of speaking in front of the masses – commonly, sufferers react to even just small groups of two or three people.

There is not necessarily one specific cause of this fear, as it is often rooted in one’s early experiences. For example, you may have, as a child in school, made a classroom presentation that did not go well. Perhaps you tripped on your way to receive your kindergarten diploma, causing an ongoing fear of public humiliation. While often the cause is rooted in early experiences, this is not always the case – people can develop this fear at any point during their lifetime.

There are many symptoms of glossophobia, some of which include:

- Severe anxiety at the mere thought of standing up or speaking in front of a group
- Propensity to avoid events or social gatherings that require appearing and/ or speaking with or in front of numerous participants simultaneously
- Nausea (associated with public speaking or appearances)
- Sweating (associated with public speaking or appearances)
- Dizziness (associated with public speaking or appearances)
- Increased heart rate and blood pressure (associated with public speaking or appearances)
- Dry mouth (associated with public speaking or appearances)

Overcoming Your Fear of Public Speaking

For most of us, speaking in front of a group – whether it be a group of 1,000 or three people – is a daily reality. Even if we do not need to speak at conferences or events, we likely do need to participate in a professional setting for team meetings or personally at social gatherings at a minimum. Public speaking and appearances are a must and avoiding them is simply not healthy, let alone a plausible lifestyle... which means that we must overcome this fear.

There are numerous ways of doing this. Many people recommend simply putting yourself in the scene of your fear and practicing through forums such as Toastmasters. Others recommend hypnotherapy or a more medicinal approach. There are plenty of ways to conquer your fear, but there is no singular method that is uniformly the right approach for everyone.

Chapter 31

Overcoming Vehophobia — Fear of Driving

Driving phobia is one of the most common forms of persistent fear that makes an individual nervous at the thought of driving a vehicle. Individuals suffering from vehophobia or fear of driving often experience sweating, trembling, and other panic attacks while driving even in safest situations, and gradually, they end up quitting driving forever. Even individuals with an excellent driving record may become the victim of this phobia. There are people who have been driving flawlessly for years may suffer from this phobia. Victims of this anxiety disorder end up imagining negative circumstances such as losing control when driving, killing someone or being killed while driving, or being stuck in traffic jam without being able to escape, and so on. Such negative thoughts paralyze the mind of the victim, and gradually he/ she avoids driving vehicles at all cost to avoid such negative thoughts.

What causes Vehophobia?

Vehophobia severely affects an individual's ability to behave normally each time he is driving. Vehophobia may originate in various ways. Fear of traffic accidents, expecting the likelihood of a collision, or the tendency of avoiding crowds, etc. are the most common causes of vehophobia. Individuals who have experienced unpleasant incidents such as car accident are more likely to suffer from this phobia. Such disturbing memories often show up unexpectedly while driving, and gradually the individual becomes prone to fear and anxiety. However, the good news is that vehophobia, like any other phobia can be cured by helping its victim get rid of unwanted thoughts and pessimistic feelings.

Tips to Conquer Vehophobia

There are numerous ways of overcoming this fear. The first step is to understand how to control your panic attacks. Acknowledge that driving involves risk; but it proves to be dangerous only when you drive irresponsibly. However, prevent yourself from repeating this statement as constant repetition of this statement will further aggravate your problem. Reassure yourself that you will always drive responsibly, without any negative emotion. Start writing a note to yourself and stress on your talent of driving comfortably. Assure yourself that you are capable of driving without anxiety, and that you love driving while enjoying music. Read out this note aloud several times and imagine yourself driving your vehicle without the least worry. This simple exercise goes a long way in helping you combat your phobia.

If you are preventing yourself from driving owing to phobia, then it is high time you shed your fear and continue driving without fear. You can begin with short trips on roads familiar to you and gradually take lengthy trips to different places through unknown roads. Slowly and gradually, you will realize that you have overcome your phobia and doing quite well.

Always remember that the anxiety caused by driving phobia is totally imaginary and it would not kill you or cause anything bad. Though anxiety is depressing, it is certainly controllable. Rather than combating your anxious thoughts, observe your emotions with indifference. Get rid of your stress by controlling your negative emotions. Practice yoga and deep breathing techniques to relax your mind and concentrate on positive thoughts when you drive. In no time, you will realize that you have successfully defeated your fear and that you can drive safely and with confidence.

Chapter 32

Fear of Change- Get Over It

Change applies to a lot of things—relocating to a new city, a new career option, a new person in your life, and so on. Change also takes place when you lose someone dear to you, or have to give up something that you like the most. Change happens for good as well as bad because it calls for lots of adjustment in your lifestyle. Thus, it is important to build up a positive state of mind towards the change so that you can consider change as a positive factor in your life.

Fear of change is called Metathesiophobia, and there are many people who are scared of change. Since the ambiguity and unseen situations that comes with change becomes intolerable at times, some people who undergo change become immensely depressed. Rather than getting anxious about change, it is advisable to change your attitude towards change. Gradually you will comprehend that you can overcome Metathesiophobia successfully.

Learn to Cope with change

Have you ever moved ahead in life despite doubts and fear in your mind? If yes, then you must have also realized at a later stage that the fear that you had cultivated in your mind was much worse than the change you have experienced or have been experiencing. Or possibly, you were determined not to proceed with the step and confront the unknown! You should always keep in mind that whatever the circumstance may be, you can always conquer your fear of change. You and your circumstances are changing every moment, and most of the changes that you come across in life are not in your control. However, there are certain changes that are in your control, such as seeking a life partner, or a new job. To begin with, start initiating changes that are in your control and say goodbye to your fear.

You may prefer staying where you are and continue doing what you have been doing rather than facing the uncertain future. This may be a wise thing to do, but the relief it provides is only temporary. Nevertheless, if you make up your mind to take the initiative of introducing the change, you may actually alter your life and achieve your goals. You should be interested in accepting the change rather than dreading it. Analyze a specific change and get inquisitive to know what good factors the change can bring to your life rather than imagining negative consequences related to the change.

Adventurous souls, who undertake huge risks and welcome changes, come across similar fears but they bravely confronted their fears and phobias and became triumphant in life. They never allowed their fear to paralyze them but proceeded in life with change by acknowledging the fact that they do not have a control in the external events occurring in life. Thus, you should have adequate confidence in yourself and the urge to work hard, come what may!

Make Change a Golden Chance

Treat change like a vault wherein lies immense opportunities that can be realized only when you come across any uncertainty. The best way to fight **Metathesiophobia** is to challenge the fear and grow confidence in yourself. It is not as difficult as you think.

Chapter 33

How to Rise Above Cynophobia

Cynophobia is extreme fear of dogs that severely affects the life of those suffering from this fear. We all know that dogs are faithful animals and considered man's best companion. Many people keep dogs as pets as they bring immense joy and entertainment into your life. However, there are some people who suffer from acute fear of dogs. The sight of dogs makes them panic even if the dog is at a distance. Individuals suffering from cynophobia suffer from an irrational fear that starts conquering their mind, thus affecting their life negatively.

We encounter dogs almost every day in our life, and we know that all dogs are not ferocious and they do not attack people for no reason. However, cynophobics are of the opinion that any and every encounter with dogs will prove fatal for them.

The irrational fear of being attacked by dogs and the thought of that alarming situation makes them so nervous that they start to run to save their lives at the sight or the slightest woof of a dog. Such constant fear of being attacked by dog eventually intensifies with time and age; and finally they take the form of severe phobia

How to Eliminate Cynophobia From Your Mind

It may be too difficult to keep calm once a cynophobic comes across a random street dog or a pet dog; however, if you are a cynophobic you should keep in mind that dogs are pretty harmless by nature and do not intend to hurt you unless you harm them. There are various measures of getting rid of your fear of dogs.

- Try to understand a dog's behavior. You will find many books and online sites that dwell on the behavior of dogs. Reading such books and sites are very necessary as they help you comprehend how dogs behave in different situations; what makes them happy, sad, or angry, and so on.
- Dogs normally correspond through their body. Thus, if you become accustomed to the behavior of dogs, you will find it easy to understand what the dog/ dogs is trying to convey. For instance, a dog with low tail indicates friendly gestures while the stiff tail wag of dogs over its back implies that the dog is anxious and not willing to come closer to you.
- Watch dogs from a distance or discuss your fear with a friend who owns a dog so that he/she could enlighten you about the behavior of dogs. Once you get to know all about dogs' behavior, and their friendly approaches, soon you will learn to overcome your fear.
- Practice meditation and deep breathing techniques to relax and conquer your fears. At the same time try practicing visualization exercises to stay calm in stressful situations.

The major cause of your fear is certain irrational thought patterns and beliefs that don't let you live fearlessly with a free mind. Thus, it is essential to do some psychological analysis to expose those fear-causing thought patterns. The ideal way to do this is to reflect on your thought process or consult a therapist who can help you replace your pessimistic thoughts into more logical and positive thoughts.

Cynophobics can easily recover from this phobia with little patience. The ideal cure for cynophobia is to pet a dog and spend quality time with it, so that you can enjoy its company to the fullest. You will soon realize that your fear of dogs has vanished from your mind, and you may end up purchasing or adopting one.

Chapter 34

Gerascophobia — How To Eliminate The Fear of Aging

Human beings normally are afraid of getting old. Nobody wants to lose their youthful vigor and charm. The thought of facing the complications of old age including the health ailments arising due to old age scares the hell out of us. But there are some people who get panic attacks at the very thought of growing old which ultimately takes the form of Gerascophobia wherein an individual goes through constant fear of growing old. This phobia affects one's life severely thus making one's life miserable and pathetic.

Aging is an unavoidable fact of life that all of us have to experience, sooner or later. However, we remain so apprehensive about our imminent old age that we focus more on the ugliness and frailty that old age brings with it, rather than emphasizing on the experiences and wisdom that comes as an added bonus with old age.

Find happiness with your aging process

There are multiple factors related to ageing that makes us fear this process so much. While some people dread the fear of looking undesirable, other get anxious about loneliness, pain and suffering that come as additional package with old age. There are few who get anxious about financial insecurity in old age, and so on.

Nevertheless there are several procedures to embrace old age so that to find contentment with your old age. All you need to do is change your perspective towards old age. Ageing is not a disease; it needs no cure. Rather than focusing on the negative aspects of old age and embracing the changes that old age brings with it, start thinking of old age as something positive.

As you grow older, you develop this desire to stay close to your loved ones; be it your spouse, your children, a relative, or your friends. Keep in touch with your near and dear ones and spend as much time as possible with them. Be with people who love you not for your looks but for being a person with a beautiful heart.

Alternatively, you can also practice yoga and meditation to bring calmness and peace into your mind and body. Yoga and meditation are known for their rejuvenating power and helps you stay young and happy.

Another effective ways of dealing with the fear of ageing is to mingle with people of your age and share your thoughts with them. Since such people are in the same stage as yours, they would understand you better. Be in touch with your friends as the laughter and mirth shared with your friends help you stay strong. There are several ways and means of eliminating your fear of ageing. Get out of your comfort zone and explore life rather than confining yourself within the four walls of your room and allowing all pessimistic thoughts to accumulate in your mind. Simultaneously, learn to accept the fact that ageing is a normal process and a universal truth that every mortal has to undergo with time. Instead of sulking, concentrate on your present moment, enjoy life and find out ways to age gracefully!

Chapter 35

Dealing with Separation Anxiety

Separation anxiety disorder is not only common among children but adults too suffer from this psychological condition. Separation anxiety is a disorder that triggers anguish and fear in the mind of individuals once separated from their near and dear ones. For example, kids get anxious once separated from their parents. Though it is natural for children to get anxious on being separated from his/her family, this anxiety should diminish as the child grows older. However, if this anxiety builds up with age, the child may end up developing separation anxiety disorder which calls for professional help. According to experts, most kids who go through this disorder grew up in an anxiety-free environment. Besides this, kids who have never experienced the anxiety of separation in their life, often develop anxiety disorder at a later stage in life.

If you are apprehensive of your relationship, you constantly worry about the thought of losing your partner once separated from him/her. If you think rationally, you will realize that the thoughts of separation are mere fantasies created by your mind and have no semblance with reality. Individuals suffering from anxiety disorder go through multiple negative emotions that affect their life awfully. The constant worry of losing their near and dear ones make them helpless and eventually they become depressed.

You can Control Your high anxiety levels!

The good news is there are several measures to recover from separation anxiety disorder. You can ease separation anxiety by following the below mentioned steps—

1. Take it easy: Do not panic! Understand the fact that your worries and anxieties about separation are mere imaginations created by your mind, and are not real. Remind yourself constantly that your loved ones may be tied up with urgent work that is preventing them from being in touch with you. Their failure to contact or meet you does not imply that they have forgotten you. Be wise enough to place your concentration on positive thoughts.
2. Keep yourself busy: An idle mind is devil's workshop. Keep your mind occupied so that you can stay away from negative thoughts. Spend quality time with your friends, watch movies, or read a novel. Do something creative; write poems or diary so as to divert your mind from brooding over scary and unpleasant thoughts of separation.
3. Do not seek reassurance: Seeking reassurance will only multiply your stress level; thus, avoid it as much as possible.
4. Focus on positive thoughts: Do not let negative thoughts conquer your mind. Be optimistic about life rather than thinking something bad is imminent.

Separation anxiety disorder is nothing but a battle with your own negative thoughts about getting separated from your partner. The tendency of separation anxiety shows up as long as you are away from your partner, and once you are together, you find your partner as loving and caring as he/she is. Try to accept that the thoughts of separation are imaginary. You also have to realize the fact that life goes on and nothing catastrophic is going to happen with your loved ones in your absence. Once you accept this, you will soon succeed in bidding goodbye to 'imaginary' 'anxious thoughts besides learning to handle separation in an optimistic way.

Chapter 36

Do Away With Your Fear of the Unknown

It is a known fact that success can be achieved only when we take risks. At times, the urge of taking risks pushes us into an untried territory. Each time an individual comes across a unknown situation, a certain fear grips him thus thwarting him from making the correct choices in life. In such situations, an individual usually tends to shun the difficult circumstances, and ends up losing some great opportunities in life. To enjoy better opportunities, an individual should be determined to step out of his/her comfort zone; however, fear of the unknown stops them from leaving the protective wings of their comfort zone.

The fear of the unknown acts as a mental impediment that hinders your ability of performing actions with confidence. However, by adding in certain changes in life you can eliminate the 'fear of the unknown' from your mind. The "unknown" may symbolize different things for each people. While some people are scared of the unfamiliarity of the new circumstances they are going to come across, others are scared of not being in control of a specific situation. It is lack of self-confidence that gives birth to this irrational fear.

Embracing the unknown and destroying the fear...

We human beings are always scared to step out of our comfort zone for diminishing risk but deep inside our heart we know that a courageous approach towards life has its own advantages. Once you set yourself free from your comfort zone, and experience the unknown, you get the opportunity of discovering several opportunities to transform your life, personally as well as professionally. In order to explore those opportunities, you need to identify the real cause behind your fear. Once you discover the situations that make you terrified or nervous, it becomes easy to overcome your fear. Experts suggest that human beings fear the unknown as they are unaware of the facts that cause the fear. Thus, it is imperative to educate yourself so as to become alert of the fear-causing facts. Once you become aware of the actual risks and realities concerning your fear, it becomes easy to deal it.

There is another procedure to trounce the fear of the unknown. Try visualizing some of your fears in your mind and then take some fruitful steps to conquer those fears. Think about the different procedures that you will embark on to conquer your fears. Practice this technique of visualization everyday so that you can feel better and conquer your fear. At the same time, practice meditation so that you can focus on your fears causing this phobia. Once you face those fears, you will realize that they are pretty harmless. For instance, many people suffer from stage fear while addressing a huge crowd. In order to overcome this fear, try to speak in the presence of a small group consisting of your friends and family. This small step is a great way to combat your fear.

Life is full of surprises and can change at any moment. Therefore, you should be always ready to adapt to the changes. Rather than worrying about this uncertainty, you should welcome them with open arms, thus enjoying the adventures of life.

Chapter 37

Break Free From the Fear Of Making Mistakes

One of the greatest hurdles that prevent you from reaching your goal is the fear of making mistakes. Multiple fears combine together and take the form of mistake phobia. For example, the fear of being mocked at on making any mistake, apprehension of getting depressed once you fail, of looking miserable in the presence of others while making a mistake, etc., combine together and results in mistake phobia.

TO ERR IS HUMAN

It is common human nature to make mistakes. In fact mistakes help you grow and evolve as individuals besides teaching valuable life lessons. If you do not make any mistakes, it implies that you are not working hard enough to derive the results that you actually want. In order to conquer mistake phobia, you need to do away with the concept of perfectionism which is an unachievable task. Perfectionism is overrated and impractical as it prevents you from trying out different things.

How to Conquer the Fear of Making Mistakes?

At the primary phase of any action, it is not possible to make the correct decision owing to lack of required information. Hence, in such situations, decisions are made on the basis of inadequate information. It is only at the subsequent phase, when you have already taken a decision, you get further information about the procedure, and conclude if the decision taken by you was really a mistake or not. You should keep in mind that your knowledge, emotions, feelings, instincts, and intuitions allow you to make all big and small decisions and it should not surprise you if at times they lead to blunders. Thus, you should give yourself the freedom to commit mistakes and lead a life without any regrets.

While some people dread the idea that making even the slightest mistakes may cause something horrible which can never be rectified, others believe that making mistakes is a mark of foolhardiness. Wrong notions and false expectations about being a perfectionist that you have set-up for yourself gradually leads to mistake phobia. Once you learn to construe mistakes in an optimistic manner, you learn to consider your blunders as a learning procedure. Mistakes that you make guide you throughout your life besides infusing a forceful potential of control and assurance within you.

Once you make any mistake, you may experience the tendency of demoralizing yourself for letting your family and friends down. But before beating yourself down in such situations, always remind yourself that the failure experienced by you is a golden chance to learn precious lessons from life. Failures are indeed the pillars of success and the lesson that you learn from your failures becomes the wisdom that you can apply in times to come.

There is yet another method of overcoming mistake phobia. All you need to do is start making mistakes on purpose. Proceed step by step to accept yourself as an imperfect person. Try putting yourself in certain circumstances that you usually stay away from because of your fear that always prompts that things will go

wrong as you will end up making mistakes while pursuing that particular task. For instance, try visiting a newly opened bistro without doing any research about it; try discussing your weak points with other; or try doing something difficult that you have never tried before. When you implement this regularly, you will soon notice that you are at ease with making mistakes. In the initial stage, you may still be nervous and fearful of the entire process; however, don't be disheartened and keep on putting your efforts to unchain yourself from this phobia. Soon you will be at ease outside your comfort zone, and will be confident enough to face different circumstances fearlessly.

So take a deep breath and bid farewell to your fear. Get ready to experience life and its challenges with confidence and optimism.

About The Author : James Nsien II

An engineer by profession, James Nsien II has worked with a Fortune 100 Company for more than 32 years. Engineering for James Nsien II has always been his comfort zone. About eight years ago, he thought of leaving engineering and made an effort to pursue a different profession by starting his own business so that he can be his own boss. However, despite continuous struggle, he could not step out of his comfort zone, i.e., Engineering.

He had come across many people who have made the required breakthroughs to materialize their dreams and achieve their goals. At the same time, he also knew people who face certain resistance throughout their pursuit of change. Such people surrender to their fears and get nervous at the thought of implementing their plans, thus they do not succeed in achieving their goals in life.

James Nsien II wanted to identify the obstacles that were blocking him from bringing changes into his career. He therefore, met his business coach and discussed his struggles with her when she recommended a book on resistance to him. After reading the book, James got the idea of writing a book on different Phobias that human beings suffer from.



How do we get rid of our fears and self-doubts?

On reading the book on resistance as recommended by his business coach, James Nsien II got the idea of how anxieties, phobias and fears prevent people from moving ahead in life, and how one can get rid of one's irrational fears and doubts so as to take control of their lives. This encouraged him to assist others in their journey of self-discovery.

James Nsien II, often described as perceptive, inspiring, authentic and engaging is a popular interview guest today who reaches countless people across the globe to help them overcome their self-doubt and fears.

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