

FEAR

Using fear to foster advancement

How many times have you been stopped by fear? It may have been fear of failure, fear of rejection, a sense of lack, or perhaps even, fear of success itself. Giving energy to—or “feeding”—your fear, will only create a monster. Instead, metaphorically speaking, “eat” your fear. Use fear for driving your energy versus immobilizing it. Yes—exploit that stuck energy and redirect it in the direction of positive results.

Most of us at some time experience inner conflicts and questions regarding our efficacy and self worth. This commonly manifests through fear and self doubt. Unfortunately, we easily become limited by our fear and doubt. Tragically, at times, we are immobilized and quickly deny or abandon the area needing attention. While grim to face, this challenge is often a hidden and ripe opportunity.

On Being Stuck - Common Symptoms

- Frustration
- Irritation
- Depression, despair
- Avoidance, withdrawal and retreat into exits and distractions—for example, excessive mindless TV, Internet, habitual eating, and substance abuse.

What to do? - To start—stop feeding the fear monster!

What do you do when you find yourself entangled in fear and doubt? Many folks get stuck... stuck in the muck of negative future fantasizing, which, is often paralyzing.

Here’s a key—what we think and focus on creates, or at the very least, impacts our feelings. For example, do you get stuck ruminating on your worries and fears (“negative future fantasies”), hence, feeding the fear monster? This usually results in prompt emotional recoil and for many, immobilization—the anxiety spiral. If this is true for you, stop at the recognition of your worrying and obsessing over what can go wrong.

Then, identify the opportunity that lies therein by doing the following three things:

1. Clarify your objective. What do you need or want to do or achieve?
2. Identify your alternatives. What are your means to get there?
3. Consider the likelihood and seriousness of the risks (versus the benefits) that outlays your fear.

This is a simple process of linking your thoughts to your behavior and managing the impact it makes on you, and ultimately, your influence with others.

This “thinking correction” enables you to dissolve fear and formulate more “generative” thinking, which primes the pump to move you forward into positive action. In today’s turbulent times, it is critical that we empower ourselves. You cannot do so blindly. Paying close attention to our thinking requires diligence and a higher level of personal discipline. We can do so by overcoming our fears through a strategic process, not unlike that of business. And remember, as you are traveling through the overcoming-fear journey, there are people to help. Solicit the help of friends, business partners, and trusted advisors.

Many find change hard and resist or deny it. Others say, “Sure—change is good. Now, you go first!” Your first step in overcoming fear is usually the longest, particularly if you have been courting passivity (feeding the fear monster). Don’t allow yourself to get stuck in the vacuum. It is easy to convince yourself that you would rather be safe and comfortable (a perceived benefit of taking no action and hanging with the fear monster) than pursue risk and change. Are you *really* willing to sacrifice your growth and learning in order to preserve ease and familiarity?

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The information presented is based on the ideas and concepts presented in their forthcoming book about the damaging effects self-sabotage in business.

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