

What Are We Afraid Of?

The Webster Dictionary definition of fear is: To be afraid, avoid, falter, lose courage, be frightened, be scared, live in terror, and break out in a sweat.

The question is “What are we afraid of?”

We can all put a name to many situations that allow us to be in a state of fear. Some examples might be the fear of rejection, of abandonment, fear of ending a relationship, losing someone you love, getting older, becoming ill, of being let go from a job or not having enough money.

Think about some of the fears you have in all areas of your life and write them down. Really take some time to consider this.

You will find that fear itself is NOT the problem. If it were, not one of us would be moving forward in our lives.

I believe that all of the fears that you wrote down are what is referred to as ‘surface fears’. They apply to situations that are related to relationships, health, loss, career/job, acceptance and of course money. In essence, these surface fears only scratch the surface.

If you were able to take a deeper look, you would discover the REAL fear that is at the root of all your other fears. And what is that REAL fear?

It’s the fear that you won’t be able to handle the things that life brings to you.

As Susan Jeffers (Feel The Fear and Beyond) wrote: “If you knew that you could handle anything that comes your way, what would you possibly have to fear? Nothing!”

Susan also talks about the Lower Self and the Higher Self. When we access our lower self, we are in a place that is filled with negative qualities such as judgment, anger, and a sense of scarcity and of course – fear.

So why would any of us want to hang out in this place called the Lower Self? Quite simply put – it’s a habit we have developed over the years. It has become involuntary as a result of constant repetition.

Our job then is to move to the Higher Self where we hold fear in a position of power, taking action and love.

So, how do we do this? How do we break this old habit of hanging out in the Lower Self?

We do it through constant repetition of the ‘new’ desired behavior. That’s right; we will have to continually move ourselves away from the Lower Self thinking and into the Highest part of who we are.

As you process this information, you will find that fear itself is NOT the

problem. If it were, not one of us would be moving forward in our lives.

No, fear is definitely not the problem. It’s how we hold that fear.

It’s very satisfying and powerful to take some positive action instead of feeling like we have no choices. We are always at choice, in every moment of our lives.

If you are filled with messages of scarcity, jealousy, anger, fear or any other form of negative thought, you can be assured that you are residing in the land of the Lower Self.

If however you are experiencing creativity, courage, abundance, joy and any other form of power and love, you are now in the land of the Higher Self.

How important it is to transport ourselves to the realm of Higher Self. It’s very satisfying and powerful to take some positive action instead of feeling like we have no choices. We are always at choice, in every moment of our lives. And by doing everything we can to move from the Lower Self where we are feeling afraid and missing out on so much of the beauty

and excitement that life has to offer, we start taking steps that will bring us to a wonderful place of trust, fulfillment and love.

Remind yourself that awareness itself will greatly reduce the impact of fear. That constant repetition of new desirable thoughts and behaviors is the key to changing your undesirable thoughts and behaviors.



About the Author:

Lois Galloway is a Business and Personal Development Coach who works with business owners, business teams and

individuals who want to excel at what they do and propel themselves forward in their lives. She presents workshops and teleclasses and has authored several motivational e-books and articles that have been published online.

Lois supports her clients by drawing on a wealth of experience and expertise that includes being a successful entrepreneur, caring for her special needs daughter, surviving a difficult divorce, remarriage and the loss of both parents.

She is a member of the International Coaching Federation (ICF), International Association of Coaches (IAC), Coach University and the CoachVille Community and is actively involved in local volunteer work.