The 7 Negative Emotions: #1 Fear

Welcome back to Six Minutes. We are going to cover, over the next seven Six Minutes series, the seven negative emotions that I want to suggest you become very familiar with and get out of your life.

Now, the first negative emotion is fear. You know James Allen, in his little book “As a Man Thinketh,” said fear can kill you (Bob snaps his fingers) just like that, quicker than a speeding bullet. And he is right! Fear puts the body in a terrible vibration. It is fear that causes the body to break down. Fear is the preamble to anxiety.

A lot of people are running off to a doctor and getting Valium and Prozac and whatever for their anxiety. What they should be dealing with is the cause of the anxiety, which is fear. And that is an emotional state that is caused by doubt or worry.

If you are experiencing fear, understand this, you get rid of it by facing it. Face the thing you fear and fear will leave you. Someone once said, “Fear knocked on the door, Faith opened it and lo, there was no one there. Absolutely refuse to go through your life or face any situation in a state of fear.

Now, there is one thing that you can control, perhaps the only thing that you can control is your attitude. Your attitude is the composite of your thoughts, your feelings and your actions. Make up your mind right now that you are absolutely going to eliminate fear from your life. Now, that doesn't mean it is not going to come into your mind. It will but, when it does, kick it right out.

Spend four or five minutes thinking of things that you have been afraid of and say, “I am not going to let fear dominate my life in those situations ever again.” Spend the four or five minutes on that and tomorrow we are going to come back with another powerful negative emotion that we need to eliminate. This is Bob Proctor.