

## **Conquering Fear**

by **Lou Stoops**

Do you worry a lot? Are you the kind of person that misses out on things because you're afraid to try? Do you sometimes dream of starting a business, or setting out on a great adventure but hold back because of the fear that something bad might happen? Well, if your answer was "yes" to these three questions, you're right in line with most Americans. It seems that most people settle in life according to one study done by the University of Michigan. Up to eighty percent of people opt out on their dreams, choosing to accept what ever comes their way. Why is this so? I believe it has to do with fear.

Fear grips people; it holds them back, keeping them from reaching out for those things they had earlier aspired to. It doesn't have to be that way. Conquering fear is possible. So why don't more do it? It's not easy, that's why!

Fear has to be faced and that is reason enough to stop many from trying. They find it too painful to face their fears, so they ignore them. Or I should say, they avoid them. Pretending that fate has prescribed their lot in life, they feel released from the responsibility of facing fear. This brings little comfort as opportunities roll by. If you coast through life, never daring to do, then you'll look back with painful regret on what might have been if you had only faced your fear and gone on. The things we fear often look trivial in the rear view mirror of life!

Here are some simple steps to help you face and conquer fear:

### **Realize Most Of What We Fear Will Never Come To Pass**

It has been estimated that well over ninety percent of the things people worry about never happen! What a waste to spend time pondering "what ifs" when we could be pursuing "what might be"!

Don't allow yourself to wander into worry. Worry is a lack of faith and its negative results translate into you losing some pretty great joys. Keep your mind fixed on positive possibilities. Look to the future with a spirit of hope and see your fears as shadows lacking substance.

### **Plan And Plod**

We often worry because of past failures that we've experienced. Those experiences of failure may stem from a lack of knowledge on our part. Failure can be a good teacher but it's our responsibility to learn. A bad experience doesn't indicate that we are fated to certain outcomes. We may just need to know more which will allow us to plan better.

Planning needs plodding if you're going to go places. Failures in life can be curtailed if we'll determine to plan and plod. Don't quit on yourself or your dreams.

### **Be Brave**

Hero's are those who do great sacrificial acts in spite of fear. Rise up and go over your fear. Make fear work for you. Actors often tell of using stage fright to their advantage. They claim the fear gives them an edge that enables them to succeed. Life can be scary. So what! Do your dream any way. Don't become complacent and accept only that which falls into your lap. Go after what you want. Be brave.

If you worry you're in the majority. Is that really where you want to be? Time is a limited commodity for each of us. Do you really want to squander your portion? I didn't think so. So stop worrying and get working. Move on or you'll have to move over while someone else moves ahead.