# Ten Ways to Face Your Fears

All of us have a hard time with failure, and it can often lead us to feeling insecure about ourselves. It can even begin to compound our fears and leave us feeling nervous and anxious in unfamiliar situations. We want to be able to predict and control everything that happens to us. Otherwise, we may find ourselves filled with anxiety.

However, if you want to be a success, you have to be willing to take risks. All successful people are highly aware of the risks associated with that success. And they are willing to take those risks and jump right in.

The first way that you can begin to face your fears is by truly accepting that they exist. Do not let yourself fall into denial. You are not perfect. You do have things that you are afraid of. Write down your fears and face them head-on, so that you are truly able to process the fact that they exist and they hold a grip over your life.

The second step to facing your fears is to talk about the spheres of somebody who is truly supportive and understanding of you. Expressing them to somebody else is a good way to get a new perspective on things. Somebody else’s input may help you to see why your fears are silly and unfounded, or help you to understand other nuances about the things that you are afraid of. Whether you are both sharing the same fear are not, it can help you to make peace with that fear within you.

The third way of facing your fears is to approach them head-on. If you are afraid of walking down to get your mail alone because the hallways are creepy at night, the best way to face that fear is to do it. The more often that you do it, the more desensitized you become to your irrational fears.

A fourth way to face your fear is to seek out professional counsel. There are many counselors and therapists who would be happy to help you sort through your fears if you feel that they are too numerous and insurmountable. If you have fears that are holding you back, a qualified professional may be able to help you to sort through those feelings so that you can take control of your life again.

A fifth way to face your fears is in taking small steps toward surmounting that fear. If you think it is too difficult for you to jump right in and walked down the hallway at night, maybe you can do it with a friend rather than by yourself so that you become acclimated to the environment. Do small things that are helping you to make progress in facing your fears.

The sixth and most important way for you to face your fears is to develop more self-confidence. This can be difficult, and is also easier with the help of a qualified professional. However, whether or not you seek out that type of assistance, confidence building activities are a great way for you to become more self-assured and less frozen when it comes to facing your fears.

By utilizing all of these methods, you will soon find yourself rising from the ashes and ready to take on the world.