

# EP 004 OVERCOMING FEAR

## SHOW NOTES

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### OBJECTIVE

> Develop an understanding of dealing with and overcoming fear.

### UNDERSTANDING FEAR

- > A **strong feeling** set off by perceived danger or threat.
- > The universal trigger for fear is **the threat** of real or imagined harm.

### DEALING WITH FEAR

Susan Jeffers (Jeffers, S. (1987). *Feel the Fear ... and Do It Anyway*. Santa Monica: Jeffers Press) came up with **five aspects** of self-awareness in dealing with fear.

1. Fear will always be there as long as I continue **to grow**.
2. The only way to get rid of the fear of doing something is to go out and **do it**.
3. The only way to feel better about myself is to go out and **do it**.
4. Not only am I going to experience fear whenever I'm on unfamiliar territory, but **so is everyone** else.
5. Pushing through fear is less frightening than **living with it**.

### OVERCOMING FEAR

> The opposite of Fear is not Courage. Courage comes from confidence, security, awareness and gratitude, and these all come from love. **Love is** the opposite of Fear.

### APPLICATION

> In what areas of your life will you exercise love and overcome the fear?

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### RESOURCES

- > More from Dr Natanael Costea: [www.eq.org.au](http://www.eq.org.au)
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