

FEEL THE FEAR ANYWAY by Susan Jeffers

YOUTUBE video: https://youtu.be/XB_oGeeOqJk

LEVEL 1 FEARS

Those that “Happen”

Aging / Becoming disabled / Retirement / Being alone / Children leaving home / Natural disasters / Loss of financial security / Change / Dying / War / Illness / Losing a loved one / Accidents / Rape

LEVEL 2 FEARS

Those Requiring Action

Going back to school / Making decisions / Changing a career / Making friends Ending or beginning a relationship / Going to the doctor / Asserting oneself / Losing weight / Being interviewed / Driving / Public speaking / Making a mistake / Intimacy / Rejection / Being conned / Success / Helplessness / Failure / Disapproval / Being vulnerable / Loss of image

LEVEL 3 FEAR

I CAN'T HANDLE IT!

“That’s it? That’s the big deal?” you may ask. I know you’re disappointed and wanted something much more dramatic than that.

But the truth is this:

AT THE BOTTOM OF EVERY ONE OF YOUR FEARS IS SIMPLY THE FEAR THAT YOU CAN'T HANDLE WHATEVER LIFE MAY BRING YOU.

Let’s test this.

The Level 1 fears translate to: I can’t handle illness.

I can’t handle making a mistake. I can’t handle losing my job.

I can’t handle getting old. I can’t handle being alone.

I can’t handle making a fool out of myself. I can’t handle not getting the job. I can’t handle losing him/her. I can’t handle losing my money . . . etc.

The Level 2 fears translate to: I can’t handle the responsibilities of success. I can’t handle failure. I can’t handle being rejected . . . etc.

Thus Level 3—simply, “I can’t handle it!”

The truth is: IF YOU KNEW YOU COULD HANDLE ANYTHING THAT CAME YOUR WAY, WHAT WOULD YOU POSSIBLY HAVE TO FEAR?

The answer is: *NOTHING!*