

# Recognize and release fear

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## **Purpose**

This simple yet powerful strategy is usefully implemented when a client is stuck and finding it difficult to progress. Clients often suffer with a common disease known as excusitis! You may have had it yourself where there seems to be no logical way forward. Obstacles present themselves everywhere you turn. This disease has one main cause – fear!

## **Description**

This easy to use strategy inspires people to move beyond fear. It consists of an exploration of what fear is and how it arises, an acronym and a power question to get people unstuck and moving forward.

## **Process**

Fear is the cause of a multitude of problems. It often shows up as procrastination, creativity blocks, poor self-esteem, lack of clarity and can even show itself in physical illness. Instead of moving through life, facing issues, *if* and *when* they arise, people often create issues in the mind and then behave as if they are real. It is said that most people worry about things that will never ever happen!

Fear has been defined as: **F**alse **E**vidence **A**ppearing **R**eal or **F**orget **E**verything **A**nd **R**un. Does that sound familiar to you or your clients? We respond to things that have not

occurred, and will not occur. Fear is the gap between failure and success. Even if we are 70 per cent toward success, it will not be enough to bridge the gap. Will Rogers said: 'Even if you are on the right track you will get run over if you just sit there.' To succeed we must be 110 per cent prepared to release fear and reach for success. The simplest way is to replace fear with faith.

When fear is preventing action, ask clients to answer the following power question: 'If I were not so afraid I would?'. This frees the imagination. If clients reply saying 'but I can't', simply invite them to *act as if they can*. Again, this releases fear and frees the imagination.

If necessary, continue to repeat the original question until you get a result.

## **Pitfalls**

There are no pitfalls, only the potential to move beyond fear and take massive action.

## **Bibliography**

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- Collins, R. (Ed.) (1992) *Will Rogers Says: Favorite Quotations by the Will Rogers Memorial Staff*, Oklahoma City, OK: Neighbors and Quaid.