



# breaking fear's shackles

DEBORAH STORER on how to  
kick the fear habit

**M**ark Twain said: "Courage is not the absence of fear; it is the mastery of fear."

Do you give in to your fears and play it safely or do you go out there and make the most of your life?

When I say fear, I'm not talking about spiders, snakes or standing on tall buildings. I'm talking about everyday life – standing up in front of a group, going after your ideal job, expressing your ideas and opinions or learning something completely new.

We can run away and hide in the closet from our fears – it may seem safer, but is that really living? How can you make a difference this way?

Look at this case study:

Fiona, 45, was petrified of meeting new people. She would make up excuses and get away with it. However Fiona realised she couldn't continue like this – she was unhappy. She was becoming a hermit and it was suffocating her – even making her sick.

One day Fiona made a strong decision not to let fear rule her life. It was time to face the music and live life passionately.

So she began to say yes to social events. Even though she was petrified, she went anyway. Step by step Fiona moved out of her comfort zone and eventually made new connections with people and gained positive experiences. For the first time in her adult life, she felt alive!

Not only was she out socialising, but her newfound confidence had her volunteering at a local charity, using her skills by teaching at the local TAFE and learning how to kayak.

Like Fiona, we need to realise something: Fear is temporary; regret is permanent. What would you do if you could deal with fear in a

positive way? How would you live life differently if you knew there was no such thing as failure?

Imagine how extraordinary your life will be for one moment if you knew you could master your fear and achieve anything you wanted.

How? Here is an education that will empower you to create a life you love.

What is fear? F.E.A.R. stands for Fantasised Events Appearing Real.

It means we have an imagined picture in our mind about what may or may not happen in the future. When we hold that image in our mind it creates a chain reaction that releases chemicals and causes

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our body to shake, increases our breathing and energises our muscles. Some people drive through it while others freeze up.

## WHY DO WE FEAR?

According to Susan Jeffers, PhD and author of *Feel the Fear and Do It Anyway*: "At the bottom of every one of your fears is simply the fear that you can't handle whatever life may bring you." Therefore when we fear, we believe at some level that we cannot deal with the unexpected.

This can be quite positive, for fear is like a signal telling us to prepare for the unexpected. In saying that, we need to understand that even with all the preparation in the world, we can still experience fear: it's quite normal.

## HOW DO WE DEAL WITH FEAR?

1. Recognise it as being present. By making fear wrong and unacceptable,

you can't deal with it. Give up perfection and accept that fear is a part of being human. Give it permission to be present. Simply by doing that can sometimes reduce its effects.

2. Connect with it. Fear is a physical sensation in your body. Observe those sensations with curiosity as if it is a friend. Often when you observe your body, the thoughts subside and so does your fear.

3. Breathe through it. Often when you experience fear, you hold your breath. Therefore by breathing openly and slowly, it allows you to move through the fear with ease. Imagine

that your breath is filled with love – filling your body with calm.

4. Trust. Trust that when you step forward, you can deal with whatever happens. Affirm to yourself: "I can handle it."

5. Take action. Rather than thinking: "I'll do it when I am less afraid" – do it anyway because fear will reduce when you move forward. Not only that, you will receive a huge boost in confidence. So one step at a time – move into the experience. Praise yourself for the steps you have taken then take another step.

Master your fear and you will master your life. Live it up – you only get one life.

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## THE DEBATE

WE DISCUSS THOSE TRICKY MODERN DILEMMAS



**Q** My friends are trying to break in to the housing market. They believe that housing prices are inflated by investment housing and that it is immoral. I felt guilty when talking as I have three investment properties now. Should I?

### THE MAN ON THE STREET:

May you be burned in the fiery flames of the hell created by the false gods of real estate and property ownership. After the fools of finance invaded the sacred Australian rites of owning your own home the idea of bestowing love and care upon the home has been replaced by the monetary greed of sell or be sold.

The whole idea of 'home' has been commodified like a fat pig for market to be sold to the highest bidding glutton.

Like leeches sucking the cream off the top, the real estate industry grows at an alarming rate, dependant upon the squeeze that drives the cost of living skyward and the quality of housing spiralling in a downward free fall.

Yes, it is an ugly result of the reduction of home to portfolio and should be smote from Australia. Sell your investment for a fair price to someone wanting a home.

– Simon Tait

### THE PRAGMATIST:

It is the right of every Australian citizen to accrue personal wealth and not have a cap on the limit of wealth possible.

There is no rule against greed just as there is no law against laziness. The wealth you accrue is solely up to you. In terms of accruing investment property, there are rumblings that this form of wealth accrument is creating inflation and people are starting to question why people need more than one home.

There is no law against accrument but perhaps there needs to be caps put on housing accrument. I firmly believe that the state of housing is the epitome of what society is today.

I know that seems cynical but seriously aren't you being a tad materialistic by knowing the situation and what you are doing is making it worse but gosh darn it you just have to have that fifth rental property?

– Jacinta Daley

### THE HUMANIST:

Is your friend breaking into the housing market to house their family, or as an investment? Such a move is not necessarily a bad thing; for example, a growing number of retirees have investment properties to provide them with a reasonable retirement lifestyle.

But this is all peripheral to the real issue. From an economic perspective, the cost of housing is all about supply and demand.

Not just the supply and demand for dwellings to house the population, but the supply and demand of everything that goes into dwelling construction – materials, labour, land, etc, and the final ingredients, profit and greed.

There is nothing wrong with having a few modest investment properties – such properties are needed for the rental market, for those who cannot afford to purchase their homes.

What we do need, at all levels of government, is competent enlightened housing leadership and town planning. Hopefully, we now have that in Cairns.

– Dr James Coughlan, senior lecturer in sociology, JCU.