

DTD Episode 90 Show Notes

Is Fear a Factor?

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It's time to take an inventory. How often is it fear that stops you in your tracks? How many excuses do you make to avoid doing what you fear?

We all have them, some activity, conversation, task that we don't want to do. What would your life look like if you started busting through those fears? How different would it be? What have you missed out on, avoided that could have been great? What avoidance tactics have altered the course of your life and not in a good way?

Fear can be big an overpowering. And, as humans, we will take the path of least resistance unless there is a catalyst.

I share a story about my son to illustrate what fear can look like in our lives. Left unchecked it has a tendency to grow.

When he was young, my son had a fear of thunderstorms. Not unusual. He was too young to understand what was going on so to him it was a lot of noise. At first, he just needed to be cuddled or expressed concern when there was a storm. Over time he began to head for cover in our basement when he heard thunder. Once when we were camping in our RV I woke to find him sleeping in a storage area under the couch. He was trying to shield himself from all the noise.

As he grew so did his fear. Soon he was feeling afraid when it rained. Rain might bring thunder. He would hide in the basement.

Then clouds began to scare him. Clouds might bring rain and rain might bring thunder. He would hide in the basement.

Then he became fearful when there was wind. Wind might bring clouds, clouds could bring rain and rain might mean thunder. He would hide in the basement.

I watched as this fear grew and grew. It was painful. Thankfully, he has worked his way back through the fears and does fine during storms now. And he understands the science behind the noise.

Where is fear doing something similar in your life? It might not be storms but something else. In the show notes I have a graphic of all kinds of different fears that often plague adults.

What Stops You in Your Tracks? Fear of:



Public Speaking,
Making Decisions,
Talk,
Changing Jobs,
Not Looking Good Enough
Being Alone,
Asking for Help,
Driving,
Selling Your Product or Service,
Emotions,
Feeling Vulnerable,
Hurting Someone's Feelings,Saying NO!
Being Wrong,
Networking
Looking Silly,
Making a Mistake
My Anger
Aging
Not Knowing it All
Using the Phone,
Meeting New People,
Getting Divorced
Flying,
Sharing My
Not Being Liked,
Making Someone Mad
Not Being Good Enough,
Small

Where is fear shifting the trajectory of your work or life?

Where is it growing like a blob?

What impact is it having?

Today I am asking you to commit to one Risk per day.

Not a physical risk like skydiving or a roller coaster

Not an Adrenaline Rush risk.

No, I am asking you to get out of your comfort zone. Do that thing that you've been avoiding.

Begin to expand your life one action at a time.

- Make that call,
- take that class,
- go to that event,
- have that conversation
- Go it alone somewhere
- Admit the wrong
- Ask for help
- Read a chapter in the book
- Make the investment
- Make that presentation
- Ask for that raise
- Make that request
- Set that boundary
- Share your opinion
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