



**CHECKLIST**

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# **CONQUERING FEAR**

**HOW TO TURN FEAR INTO COURAGE**

# Conquering Fear Checklist

No one is born courageous, but, of course, we can't afford to perpetually live in fear forever. As a matter of fact, one of the best ways to find success in our lives and businesses is by living a courageous life because we can't sit back and watch fear dictate what we should do, when we should do them, and how we should do them. Fear would always deprive us of the opportunity to get what we deserve and what we want and we must not let that happen.

# Chapter 1: Fear: Definition, Symptoms, and Causes

Fear is a primitive, powerful, and natural human emotion. While fear can be an indication of mental health conditions such as post-traumatic stress disorder, phobias, social anxiety disorder, and panic disorder, it can as well originate from imagined dangers but it often stems from real threats.

Here are some of the common triggers of fear;

- The unknown/uncertainty
- Real environmental dangers
- Imagined events
- Future events
- Situations or some specific objects (flying, heights, crowd, roaches, snakes, spiders, etc)

## **Chapter 2: 5 Things You Probably Never Knew About Fear**

For you to learn how to conquer your fear and turn your fear into courage, you must understand the science of fear, and this is what leads us to the 5 things you probably never knew about fear. Have you ever wondered why some people avoid fear while horror movie buffs and roller-coaster fans thrive on fear for pleasure? Here are a few things to keep in your mind about fear;

- Fear is physical
- Fear can make you foggy
- Fear can become pleasure
- Fear is not phobia
- Fear keeps you safe

## Chapter 3: Common and Unique Fears

Meaning fear or horror, the Greek word "phobos" is where the word phobia comes from. Phobia is unlikely to cause harm and it's simply an irrational fear of something. Fears associated with specific situations, medical issues, natural environments, or animals are some of what phobias typically involve. Phobias come in all sizes and shapes and there are five general categories where specific phobias typically fall within, as stated by some experts;

- Fears associated with specific situations (driving, riding an elevator, flying)
- Fears associated with medical issues, injury, or blood (falls, broken bones, injection)
- Fears associated with the natural environment (darkness, sun, mountains, thunder, heights)

- Fears associated with animals (insects, cats, dogs, rabbits, spiders)
- Others (drowning, loud noises, choking)

## **Chapter 4: Building Your Self-esteem and Self-confidence**

You stand a high chance of becoming successful in both your professional and personal life if you have a healthy level of self-confidence. Noted to be crucial for your health and psychological well-being, self-confidence is explained to be the level of trust you have in your judgement, qualities, and abilities. Just as it's important for you to have a healthy level of self-confidence, it's also crucial that you work on your self-esteem too;

Here are simple ways to build your self-confidence;

- Stop Comparing Yourself to Others
- Surround Yourself With Positive People
- Take Care of Your Body

- Be Kind to Yourself
- Practice Positive Self-Talk
- Face Your Fears



# Chapter 5: Chrometophobia: What It Is and How to Overcome It

Money and debt can be pretty scary. From the fear of touching money and the fear of thinking about money to the fear of spending money, chrometophobia has to do with everything that's connected to the fears of money and it's also called chrematophobia.

Here are some psychological tricks to overcome your fear of money;

- Acknowledge your fear
- Identify the cause of your fear
- Talk about your fear.
- Take action to overcome your fear
- Show yourself kindness

## Chapter 6: Understanding and Overcoming Fear of the Unknown

As we go through life, uncertainty is one of the challenges we'll have to deal with because it's an unavoidable part of our existence as humans. But, how afraid you are of the unknown is what probably determines how you respond to uncertainty and this explains why some people get emotionally paralyzed by uncertainty and others thrive in uncertain times.

Here are some tips to overcome the fear of the unknown;

- Question your assumptions
- Do your research
- Stay grounded in the here and now
- Manage stress with a healthy lifestyle
- Talk to someone you trust

# **Chapter 7: Taming Your Inner Critic:**

## **7 Approaches to Silence Inner Negativity**

You can be prevented from reaching your full potential or fueled for your success by your inner dialogue and this is why you must learn to silence your inner negativities and as well tame your inner critic to develop a more productive dialog with yourself and proactively address your negative thoughts.

- Become more conscious of your thoughts.
- Quit ruminating.
- Imagine your friend being in your shoes and think of what you'd advise him.
- Examine the evidence.

- Use more accurate statements to replace overly critical thoughts.
- Imagine your thoughts were true, how bad do you think it would be?
- Balance acceptance with self-improvement

## Chapter 8: Living a Courageous Life

Acting despite the fear that inevitably sets in, examining the risks and rewards, and thinking things through is what being courageous is about and, moving beyond your fears takes work. Courage allows you to believe in your abilities, it bolsters your self-confidence and gives you the power to pursue the things that are important to you.

Here are ways to live a more courageous life;

- Embrace vulnerability
- Admit you have fears
- Face your fears
- Think positively
- Reduce your stress
- Demonstrate courage

# **Chapter 9: Jettisoning Your Fears: 7 Ways To Turn Your Big Dream Into Reality**

Turning you big dream into a reality is feasible! And, here are some tips that can really help you through the process;

- Believe It
- Take Daily Actions
- Put a Time Frame to It
- Dream Big and Vividly
- Ignore the Naysayers
- Share Your Dream with Others
- Don't expect too much

## **Chapter 10: Affirmations for Releasing Fear and Overcoming Anxieties**

Most times, one of the reasons why we fear too much is because we don't have enough love for ourselves and our trust in ourselves too is very meagre and a simple way to get through some of our challenging situations is by using a powerful tool; positive affirmations.

here are some positive affirmations for overcoming fear:

- Mistakes help me grow. I embrace the mistakes I've made.
- I am enthusiastic and full of confidence.
- I embrace change because it helps me grow.
- I am living my life courageously.

- Facing my fears empowers me.
- I release the pain of my past.
- I persist until I succeed.
- I am excited about my life.