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MASTERING SELF-DOUBT AND FEAR

- 1) *YOU ARE BIGGER THAN YOUR FEARS.* Firmly tell your doubts to “stop” or “go away” and turn your attention to something more self-affirming.
- 2) *UNLOCK YOUR BREATHING.* The more you can unlock your breathing, the more easily you can break through fear.
- 3) *TRUST YOUR DESIRES AND OPINIONS.* Experiment with following your inclinations and instincts more often. The more you trust your own values and preferences, the less you will have to defend yourself and argue.
- 4) *STOP MEASURING YOURSELF AGAINST A PREFABRICATED IDEAL.* Learn to live by rules that make sense to you instead of by the dictates of others.
- 5) *RENEW YOUR ENERGY AND VITALITY.* Go walking, meditate, or listen to music. Do anything pleasurable to renew your vitality.
- 6) *SEE YOUR LIFE AS AN ADVENTURE.* Rather than giving in to your fears, take reasonable risks in small but steady increments. Whether you have one year or fifty ahead of you, your life is too precious to waste.
- 7) *ACCEPT THE FACT THAT FAILURE AND VULNERABILITY ARE ESSENTIAL TO BEING ALIVE.* In life you must be willing to risk failure many times before you become accomplished at anything.
- 8) *ELIMINATE THE WORDS WISH, HOPE, AND MAYBE.* Wish, hope and maybe actually erode your self-confidence by encouraging doubt, fear and hesitation.

From MAKING PEACE WITH YOURSELF

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Read by Ken Haystead

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