

Pit stop 7: The Power in Fear

Facilitator Focus:

Purpose 1:

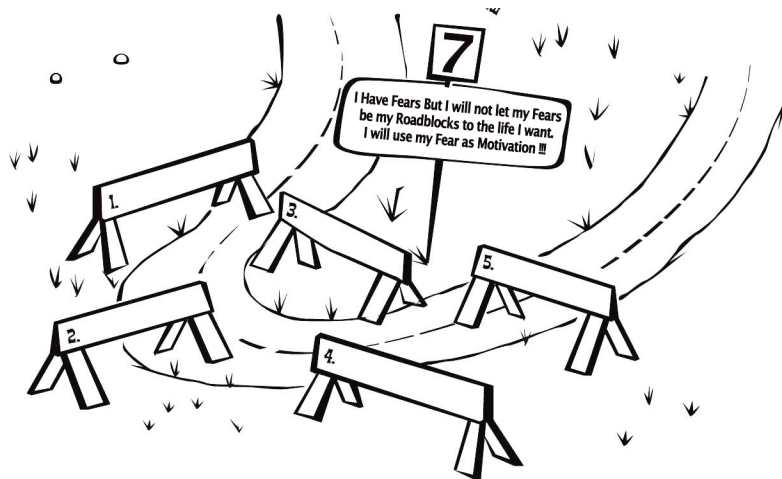
To help participants identify their fears and how those fears might be telling them something important about themselves.

Purpose 2:

To help participants learn how to address fears that might keep them from doing what they dream of doing.

Purpose 3:

To help participants define a plan for overcoming fears so that they may achieve the life they want.



The Power in Fear

Why is it important to identify what you are afraid of?

Fear can keep you from moving forward.
Fear can become an obstacle in life
Fear can become an excuse that keeps you from getting what you really want.
Fear can be a useful tool for knowing your SELF better.

Identifying your fears can help you know your SELF on a deeper and more intimate level. What useful things can fear teach you about your SELF?

If you state clearly what you are afraid of, you can begin to ask yourself why it scares you so much.
Your fears may reveal some past hurts that you didn't know are affecting your future.
Your fear might be telling you something about what you DON'T want on a 'gut' level. So, if you can define what you DON'T want, you can then decide what you DO want.

What are some common things most people find themselves afraid of at one time or another in life?

Not finding love
Failing
Death
Illness
Losing loved ones
The future
Risks

What can these common fears teach us about one another?

Not to judge or make fun of others b/c everyone is scared at some point
When someone makes you mad, consider what fears he/she might be dealing with
To be open-minded and kind to others when they are struggling
That we can all relate on some level even if we are from different backgrounds

The Power in Fear

A thought on the power in Fear...

There is an amazing thing about fear to be learned from Olympic athletes. We often put them on a pedestal above us... Not only because of their talent, but because of their fearlessness. We assume Olympic athletes are different from us because they are not afraid of competing or losing or sacrificing or getting hurt. 10 Meter Platform Diving and Gymnastics are two very scary events. In each of these sports, the risk for serious injury is very high and the room for error is very small. Loudy Tourkey is a 10 Meter platform diver and was a silver medalist for Australia in the 2004 games. She shared a very important fact with the media... *She is deathly afraid of the 10 Meter Platform!* She practiced her dives on the trampoline and spring-board from age 12 and did not develop the courage to actually dive from the 10 Meter Platform until she was 18 years old. As a matter of fact, most Olympic Divers will readily admit they are afraid of the 10 Meter Platform. What!?! How can that be? How can they compete at a world-class level in an event that frightens them? Determination. Perseverance. Desire. These athletes aren't fearLESS, they are even tougher than that... they pursue their dreams *in spite* of their fears. They do not let fear hold them captive. They identify the fear and move toward their goals in the face of it.

Whether you are scared of something or not is secondary. What you are willing to do in spite of the fear is what makes you great.

You are able to lessen the power of your fears by identifying WHAT you are afraid of. Here we are talking about POWER again in our study of Meography. We are looking for ways to *diminish* the power of our fears so that we become ***empowered*** to pursue the life we really want.

How many of you are scared of the dark?

What is so scary about the dark?

We can't SEE what is right in front of us. Many times our fear lies in the unknown.

What happens when you turn on the light?

You can SEE what surrounds you and your fear diminishes.

The Power in Fear

Close your eyes and imagine you are in a pitch-black room with no light. In this room, your life surrounds you. Experiences you have already had and the life you have yet to live. All these things are sitting just beyond your sight, in the dark. What are you scared of in this dark room with your life all around you? When you begin to get clear about the things you are afraid of, open your eyes and write them one at a time down column 1. Then finish the worksheet.

1	2	3	4
<i>I am afraid that...</i>	<i>This fear might be telling me that...</i>	<i>This fear could keep me from...</i>	<i>I can use the POWER of this fear to...</i>
I won't be successful in my life after high school.	I haven't been putting in the effort I need to lately...	Trying to do better	Motivate myself to research all of the opportunities available so I can make good choices for the next stage of my life

The Power in Fear

Just when you think you've named and faced your fears head on... they sneak back in! Negative feedback or voices in your head are another way your fears talk to you. You might hear a familiar voice telling you that you 'cannot', 'will not', 'should not', or 'could not' do something because you will fail. Or you may hear a voice that tells you what an awful person you are and how ashamed you should be. Too often, we listen to the voice of fear when it shows up like this.

How does the voice of fear sound in *your* head?

The voices in my head say to me...
"That person is more successful / has more money than me. They must be smarter and more committed than I am."
"That person is prettier and more popular than me. I'll never be good enough..."

It's very important for you to oppose these thoughts when they creep into your thinking. These kinds of thoughts will only *keep* you from becoming the person you **can** become!

A powerful thought to weaken the voices in your head that cause you fear and doubt...

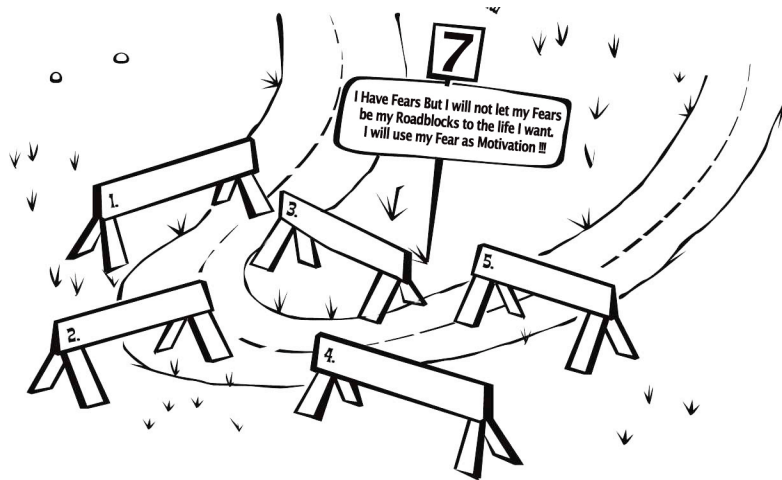
Imagine yourself in a beautiful room with things surrounding you that make you feel loved and strong and happy. Now imagine the voices above coming at you 100 miles an hour, trying to invade your beautiful space. Quick! Slam the door! Slam the biggest, heaviest, strongest door you've ever seen and imagine the voices crashing against the other side and falling into simple letters in a pile on the other side of the door. Your room has not been polluted and the voices are silent. The letters lay on the other side of the door waiting to be made into whatever words and sentences you need to make you strong.

The Power in Fear

Will your fear hold the power or... will YOU hold the power?

Some fears could serve as roadblocks as you travel through life. You need to be aware of the fears that stop you from going where you want to go!

Go to the map at the end of your workbook and write these 'life-draining' fears in the roadblocks below.



Personal Exploration:

Pick one fear above. What could this fear keep you from achieving?

What is one action step you can take to get past this fear?

When will you begin to take this action step?