



# 5 Ways to Overcome Fear Fast

## By Debbie Allen

Many of us never truly follow through with our dreams and aspirations in life mostly because fear holds us back from taking the next step. But just imagine how much you are missing out on by allowing an emotion to control your life.

Why would we allow fear to control us?

Mostly because we look at it with short sightedness ... we don't want to be embarrassed, look foolish, be wrong or make a mistake. What we fear is fear of the unknown. Yet everything new and exciting is unknown to us at first and we are destined to fail at some degree. That is natural.

Fear can be your friend and offer you excitement and empowerment as well. Therefore, if we could think of fear as more of an adrenaline rush, it can actually catapult you forward and help you excel towards lofty goals.

Even successful, confident people are afraid of making changes and trying new things. The difference between successful people and those who are not is that they ACT in spite of that fear. They feel the fear and move past it. This allows them to feel more confident in return.

### 5 Ways to Overcome Fear Fast

#### 1. Acknowledge Your Feelings and Emotions.

Feelings and emotions can be changed by the words you speak to yourself. Speak kind words of encouragement. Tell yourself that moving past your fear will reward you with more confidence, knowledge and personal growth. You are worth it!

## 2. Don't Waste Energy Focusing on Failure

Failure is simply a lesson in disguise. With everything new we do there is some level of failure that is necessary to learn and grown both personally and professionally.

## 3. Share Your Fears and Ask for Support

When you share your fears with someone make sure that person is someone that will help you stretch and move outside of your comfort zone. If you share your fears with someone who is also fearful it can not only continue to hold you back but keep you stuck. Find a support system with a positive mentor who's confidence and success you admire.

## 4. Uncover Inspiration and Motivation from Books, CDs and Events

We all have days when our energy and thoughts are low. Often by taking time to yourself, reading uplifting words, listening to inspiring music or attending events, you can shift your mood and move to a more positive state of mind.

## 5. Feel the Fear and ACT Anyway

The feelings of fear can actually be worse than actually acting upon them. Most of our comfort zones are not all that comfortable anyway. Move outside, take a risk, enjoy life to the fullest and live a life of passion and new experiences. If you are not scaring yourself from time to time, you are not moving forward in life!

*"If you want the best in your personal and professional life ...  
never settle for less than you deserve!" - Debbie Allen*

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## **About the Author**

Debbie Allen, The Expert of Experts, is one of the world's leading authorities on business and brand strategy. She is the author of seven books including her latest best-seller *The Highly Paid Expert*. Learn more about her "Expert Positioning Formula" and innovative marketing strategies at [www.DebbieAllen.com](http://www.DebbieAllen.com).