



Stop Your Fears From Creating Chaos

The most common issue I see occurring again and again for people is the element of Fear. That really frustrating negative energy that creeps into our mindset and seems to take over without us being able to control it. I hear clients explain how they are unable to set boundaries around negative relationships, how they feel they will let people down, how they are unable to make changes and how they just cannot trust the process of life.....all of which has been created by fear.

I always find that I draw clients and their experiences to me when I have experienced the same thing. I recently spoke about Fear in a previous Newsletter and wrote a post on my [Facebook](#) page about this too. Fear encompasses the negative thoughts and visions we create about how a future event, whether immediate or long term, is going to play out.

Fear is a great indicator to us that something we are thinking or feeling is not in alignment with what we truly want, so in a positive way we can actually use it as a great tool. However, what happens when we become so fearful about most things in our life that it starts creating chaos. The more negative things that happen, the more fearful we get - the more fearful we get, the more negative things happen. Then we sit in a life that most areas are in turmoil and we feel powerless to be able to stop it. In a way, we become so used to things being negative and chaotic that we would not even remember what 'normality' feels like.

A lot of people come to me at a time of frustration, stagnancy and when they are feeling lost and all too often I see the energy of chaos playing out in their life. I enjoy working with them because I do believe we can overcome fear, stop creating the chaos and create a great life.

Recently, I was telling a friend about yet another thing that was going wrong in my life....I have spent about 6 months wondering when I was 'going to catch a break'. As I heard myself speaking I found myself getting quite bored of the words I was uttering. I could see the pattern as clear as day and in that moment I realised that I had been feeling that I couldn't overcome the fear that had created these things - even though deep down I knew I absolutely could. I had to practice what I preach!

These are the steps that I followed:

1. I broke down each area of my life that I was experiencing difficulty in. (There were quite a few.)
2. I then asked myself how the fear of each area was benefiting me? (I realised not very much at all.)
3. I asked myself what was the worst outcome I was expecting. I then asked myself what I would do if faced with this outcome.
4. I then imagined myself detaching from the fear and putting it on my table and analysing it. I asked each of the fears how I could work with small steps to

begin to rationally and practically overcome these fears. I looked for solutions instead of just seeing a blank space and going into panic.

5. I listened to and changed my thoughts when my fear came up. Initially, I nearly didn't believe what I was saying in a positive way was true but over time I felt calmer in my self by doing this.

6. I would just keep asking myself the question 'Why'?

For example:

I am so fearful of being alone and not meeting anyone?

Why?

I fear that I will not experience a happy relationship?

Why?

I fear that because it has not happened before so why would it happen for me now?

Why?

Because I really would like a partner.

Why?

Because I would like to be loved.

Why?

Because I don't feel loved.

Why?

Because I never really received love.

Why?

Because I must not be good enough.

Now, we see that this person has a fear that they will be on their own because they are not good enough. What they can do is firstly take the necessary steps to work on feeling good enough and then the energy of that fear will dissipate when they are at a happier place in themselves. It may take time but the chaos stops because they are taking control of an aspect of their life, the fear gets worked on and it leads them open to the possibilities of truly finding a happy relationship.