

HOW TO TURN FEAR INTO FUEL

Many people are fearful about the future but there are ways of managing those concerns.

The APA Stress in America Survey says almost half of working Americans are fearful they won't meet their family's basic needs; 8 out of 10 cite that this is a major stressor. Meanwhile, 62 percent of the American workforce in a new Gallup poll described themselves as either "struggling" or "suffering" and are fearful and the consequences of all this fear? One in 10 employees suffer from depression, according to the World Health Organization, and lose an average of 6.2 days out of every 20 work days because of it.

Brian Tracy States – How To Recognize Fear

“Fear needs to be recognized and managed properly or it becomes an anchor. We can become indecisive, have self-doubt, fear rejection, and simply fail to act. Fear may have us sitting on a great concept or idea or it may restrict us from using our true talents.

But what if there was a way to turn fear into fuel?

First, you must realize the role negative thinking plays in feeding your fears. The thoughts may already be there, suggesting “*You can’t.*”, “*You shouldn’t*”, and “*Yeah, but what if?*”

Before you know it, negative thoughts have piled upon one another and have become a seemingly insurmountable mountain to climb. I’m not saying you should ignore reality but most often these negative thoughts are just a boogie man under the bed. When you look closer, there’s nothing there.”

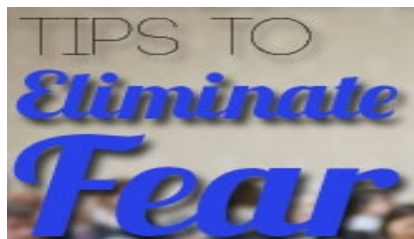


Fear – It’s a terrifying word!

Living with it, dangling over your head day in day out, is enough to send anyone spiraling into a state of anxiety, uncertainty and paralysis.

Many are so used to feeling fearful it seems like the new normal and your environment is a constant state of uncertainty. If you want to live a life that really matters, one that brings happiness and invincibility you’ll

need to proactively seek out, invite and even deliberately amplify fear ... because the other side of that fear is opportunity!



☉ **Calm down stress hormones.** Eliminate or avoid people and situations that induce the stress response in the body, which speeds up the pulse and mimics the feeling of fear. These include caffeine, sugar, and other stimulants; emotional vampires, or people who drain energy and make someone tense to be around; violent newscasts; traffic jams; and arguments.

☉ **Identify fear triggers.** Pick one fear, to start. Let's say fear of losing your job off. What brings on that fear? Bad news from the industry? Seeing a coworker laid-off? New health concerns? The more specific the triggers, the better. Identifying triggers keeps you from being caught off guard next time one crosses your path.

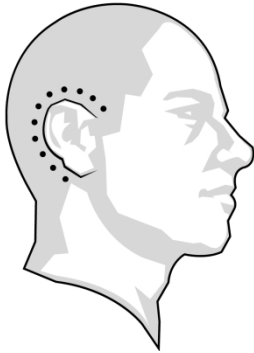
☉ **Turn fear into courage.** Turn fear into courage by taking small do-able actions. Identify one of the fears--for example, not being able to pay a credit card bill. Notice the physical sensations in the body when thinking about this fear. Next, think of a small, positive step: "I will call the credit card company and renegotiate my fees so I can make a smaller monthly payment." Notice the change in how the body feels. Finally, take that step. Now you can feel brave, not fearful because you are taking positive action. Once you get energized, you will be motivated to try this process with fear.

☉ **Attract positive people, not emotional vampires.** Be around people who are upbeat, not depressed. Engage in activities that make you feel better, such as yoga or taking a walk with a friend, rather than wallowing in fear of the pink slip, the 401(k) statement, or a credit card bill. Affirm all that is going well in life--good friends, family, small pleasures and be thankful. Always focus on what you have to be grateful for rather than stresses and by doing so the negativity fades away.

☉ **Stay in the "now."** Don't catastrophize about the future. Keep the mind focused on the present moment only--don't let it wander to worst-case scenarios. Stay focused on what you have to be grateful for now and the positive changes you can make today.

☉ **Now – replace the old belief with a new belief *with* Temporal Tapping!**

Temporal Tapping Sequence Points



Temporal Tapping will help you build confidence, optimism, and self-esteem while replacing old habits with constructive behavior. Once the problem is no longer a problem, create a positive affirmation statement (what you want to believe or have happen) and tap it in. The new belief statement has to be a present tense "I am" statement. Example - I am always calm and confident when confronted by my boss. The subconscious mind takes in as fact anything you tell it so even if the said behavior or belief is not real yet, the moment you tap it in it *is* real and your behavior will reflect it.

- 1) Create your statement.
- 2) Start tapping at your right temple in front of the ear canal and continue tapping on the scalp around the top edge of the ear until you reach the back center of the ear, just opposite where you started. The active spots are only along the upper half of the ear, from front center to back center. Tapping with all your fingertips bunched together ensures that all the points along the Temporal-Sphenoidal (T-S) line are stimulated. Say your affirmation while you tap; repeat this procedure three times.
- 3) Repeat the statement to yourself and evaluate how much you believe it, if it's not 100 % repeat the process 1-2 more times. If 100% belief has still not been achieved ask yourself why - and whatever answer first comes to you go back and tap it out. Then return to tap in the statement again and evaluate your level of belief.

How instilling new beliefs in the subconscious mind with Temporal Tapping works –

This energy technique helps break old habits, attitudes or emotional responses and establishing new ones. Simply tapping on the head around the top of the ear calms the part of the nervous system that fights to maintain your current belief systems and patterns of behavior. The brain is then more receptive to learning new beliefs and instilling new affirmations.

Begin by identifying a habit, attitude, or condition in your life that you would like to change. Then describe the change in a single sentence, and state it as an affirmation in present time as if the condition already exists. For example, you could say, "I always have more than enough money to pay my bills," or "Right now, I am prosperous." Affirmations can be anything you wish to become true and operative in your life. They can be specific or general, and in your own language, your own lingo, and aligned with your own values. For easy recall, make them short and to the point.

To perform the Temporal Tap, start tapping at your right temple in front of the ear canal and continue tapping on the scalp around the top edge of the ear until you reach the back center of the ear, just opposite where you started. The active spots are only along the upper half of the ear, from front center to back center. Tapping with all your fingertips bunched together ensures that all the points along the Temporal-Sphenoidal (T-S) line are stimulated. Say your affirmation while you tap; repeat this procedure three times.

Do this several times a day, waiting at least 30 minutes before repeating the same affirmation. You can tap for as many different affirmations as you wish as long as you can easily address them all several times a day. Reinforcement is part of the process. Once your affirmation has become a part of your life, you can replace it with a new one.

Temporal Tapping has helped people build confidence, optimism, and self-esteem while replacing old habits with constructive behavior. It can be used for almost any area of your personal life, including mental, emotional, physical, spiritual, occupational, domestic, and social. People have used it to lose weight, to improve job performance, and even to stop fingernail biting. It is a simple yet powerful way to change many patterns or habits. Focus on what part of your life you most want to change, and create a simple affirmation that reflects your highest ideals.

Simply Put –

- PowerTapping is a breakthrough approach to problem solving – putting YOU in the driver's seat of your life.
- Using this scientific approach, you will immediately have the tools to eliminate the beliefs and emotions that get in the way of being your best. It's simple and it gets quick results.
- This technique goes way beyond using positive affirmations. It's a step by step procedure for permanent change – change that is imprinted upon every cell of your body.
- You will no longer be held hostage to past experiences or traumas. PowerTapping is a revolutionary path to high performance, emotional well-being and good health.



NO MORE FEAR

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