

## Make Fear Your Ally

**I**f you use this process to make your fear an ally, you will find each fear to be either a warning enabling you to avoid real danger, or simply the small voice inside all of us that resists the unknown, a voice that you must acknowledge and move beyond if you are to grow and attempt great things.

### State The Situation:

*“Begin to clarify your fear by writing one or two sentences that describe the exact situation.”*

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### Bring Out Your Fears:

*“Begin to list everything bad that could happen. Don’t be an optimist; get it all out on paper in the most vivid, excruciating detail you can imagine. Assess how likely each one is to actually happen. To do this, place a letter beside each fear (R-realistic, U-unrealistic, N-never).”*

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### Envision The Outcome You Want Most:

*“Begin to envision all that you want to happen, all that will and can happen, when you face this challenge and succeed. See yourself looking back one day at all the fears that might have kept you imprisoned. Feel the self-respect, confidence, and sense of personal power you now have because you chose to overcome them. Write down everything you think and feel in this moment.”*

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### Make A Choice:

*“You need to listen to your fears, but you must also weigh them against the passion and hope of your outcome. Ultimately, you must decide whether your fear is helping you or holding you back. Now, write down what you have decided to do, and why.”*

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Excerpts taken from

