

# Facing Fear Quick Tips Supplement

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Are you fighting monsters on a daily basis? What about grizzly bears, rabid dogs, or crazed goats. If so, then you depend on your internal survival system on a regular basis. This survival mechanism is called fear.

Fear is an instinct triggered by an external stimulus which then causes a series of physical transformations which are designed to help you escape danger to live another day. Some fears are instinctual while others are related to life experience.

For example, most people aren't fond of snakes and many have a true fear of being around a snake. You won't see these people in a snake charmer show.

Then there are people who instinctively sense that there is a snake nearby. Perhaps you are one of them. While pulling weeds in your garden, you picked up on an odd odour nearby and the hairs rose up on your neck.

The first time this happened you had no idea why you experienced this sensation. Then you looked left and saw a garter snake coiled on the rock next to the patch of daisies you were weeding. Now that you have an experience with this snake fear/survival mechanism, the next time your hair raises on your neck while you work in the garden you'll instantly realize there is a snake nearby. The fear of snakes is believed to be a fear that is literally "cooked" into our genes.

There are other categories of fear which are detrimental to our wellbeing. Phobias are one category that can cause you to have extreme reactions to situations, creatures, or activities. If you have a fear of flying then you are also going to have problems with travel.

Most people fly to a distant city or region for professional or personal reasons. Normally, this is faster than driving. However, if you have a true terror of flying then you have to find another reasonable alternative. Fear of flying can really put a lid on your professional opportunities should the role require travel.

Panic attacks are another category of fear brought on by a situation or event that causes one to experience an ultra-high level of anxiety. Someone experiencing a panic attack may be unable to catch their breath, have chest pains, nausea and other physical effects brought about by the extreme chemical and hormonal changes related to fear and anxiety.

The final category of fear is experienced by most people and it impacts the ability to live life to its fullest because the fear causes you to step back from a danger. The danger is usually a perception of a threat to one's personal security and not so much a threat to their life.

If you are a worrier, you experience this type of fear. If you avoid situations because you are afraid of being laughed at or rejected, then you know this fear. People who are frustrated with their lot in life, but are afraid to venture into new experiences know this fear.

You can learn to manage these types of fears. In fact, people with severe phobias can overcome them. Sometimes these fears require therapy and medication. However, many people are able to grow out of their fears with a little education and by following steps to learn how to work through the fear.

If you are someone who wants to conquer the fears which are holding them back from abundant living, then you will benefit from the report "Facing Fear" which offers steps and tips to help you overcome fear.