

3 Essential Steps to Dissolving Fear

Step #1 - Rediscover your primary WHY for life

Fear's ability to maintain a hold on us, as well as how it can stifle our movements in life, is driven, to a great extent, by our attachment to certain identity we have of ourselves. These hopeful or hopeless identities trigger a sense of lack and dissatisfaction, because we're trying to avoid who we're afraid we are, or create and maintain, someone we believe we *should* be.

When we're attached to an identity we create the ideal ground for seeds of fear. Anything that threatens our concept and our investments in the life we are living, or should be living, become the touch points for fear to be triggered.

- a. **A way to become free of these triggers is to relax your grip on how life needs to look, and who you have believed you are.**
 - i. Make a list of some of the identities you are most attached to. (ie. A good or bad person, an honest or dishonest person, a confident or insecure person, a success or failure.
 - ii. Take a few moments and name these identities. Then, one by one, be imagine yourself without it .
 - iii. What is it like without that identity
 1. Do you feel more or less secure?
 2. Do you feel more or less vulnerable?
 3. Is there more or less judgment of yourself?
 4. Is there more or less judgment of the situations and/or people in your life from that altered point of view.?
- b. **Have an image in your mind of laying down each of your identities as you wrote them, so something deeper than that identity, and something more real, can come through.**

When the identities we have are loosened, and we accept our vulnerability in that, then we are able to relax, and our '**why**' naturally goes deeper. We come into contact with a reason for being and living that has no opposition and cannot be threatened. Then, no matter what happens, no matter what circumstance we find ourselves in, that '**why**' is available to us. It is not conditional or dependent on any outer circumstance or inner perception.

When we feel that intense and uncomfortable feeling of fear it actually holds a real and present opportunity for growth. Now we are not adding any tension of aversion or dislike to what we have called 'fear', even as it becomes activated. You become open and responsive in it. We don't need to shut down, because of what might happen. **We become more interested in what will be revealed and look forward to what we will learn and become through it.**