

It's JUST Fear!

Fear is a funny thing. It's invisible, intangible, and unrelenting. **It can feel as though it's part of us.** In fact, it seems so real to us that we suffer great pains attempting to work our way through it or around it.

But what if fear is just fear? Then what? How might life be different if you recognize fear as **nothing more than a reminder to be alert...to be aware?** What if you embrace it as a perfectly normal part of the human experience?

Imagine, for instance, that you are plagued by fear of having a tough conversation with a key employee. You know it's important to clearly articulate your expectations, yet you play around with all the potential outcomes in your head. You fear the worse. **You fear the unknown.**

From this place one of two things will likely happen. You will either avoid the conversation all together, or you'll gather your courage and attack the situation, potentially alienating your employee or, at the very least, missing the opportunity to inspire the change you desire.

Instead, try embracing your fear and challenging it. Yes. You're afraid. But why? What are you afraid will happen and how might that impact you? What if you don't have the conversation? How might tolerating the situation impact you personally or professionally? **Is that really a price you're willing to pay?**

Be clear. Allow yourself to experience that frightful place from every angle and then acknowledge that IT IS JUST FEAR, and it's okay to be afraid. In that instant, you will recover the power and shed new light on the situation. No more living in the dark, cowering from the unknown. **Knowing what we fear and why we fear it, removes the invisible hold it has on us.**

So go ahead. **Take the plunge.** Acknowledge that unspoken fear and discover the tranquillity awaiting you.

Denise Clelan is a Certified Professional Coach (CPC) and Energy Leadership™ Master Practitioner who is committed to helping successful entrepreneurs experience freedom and fulfilment in every area of life.



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