

## 'yto - one'

### Newsletter – April 2007

*Cowards die many times before their death, The valiant taste of death but once.*  
*Shakespeare*

Hi All Our Valued Friends, Partners, and Clients

April 2007

Welcome to our fifth newsletter of 'yto - one'.

#### Theme for April – What Are You Afraid of?

Here we are and the first third of the year is over – I am curious what sort of journey it has been for you so far, what changes have you adopted over this time, what are you noticing is different about you than you were some months back? Congratulations – I acknowledge you for these wonderful steps forward! When thinking about taking steps forward, and when reflecting upon what theme to choose this month, I was drawn in the direction of exploring the concept of fear. Recently I was asked by someone very dear to me “what are you afraid of?” It was one of the best questions I had ever been asked because it meant I had to be 100% truthful with myself. And in answering, I noticed that unless we identify what exactly and specifically we are afraid of, we are unable to move beyond it (and may be sabotaging our own happiness). And that's something so powerful that I invite you to explore this question too this month!

#### The Three Universal Fears

It is said there are 3 universal fears:

*The Fear of Not Being Loved*  
*The Fear of Not Belonging*  
*The Fear of Not Being Enough*

I'm curious to ask you to take some time to look at those fears – and to acknowledge that you have felt all three. It may help to know that we are all alike in this world – these fears are universal! At some time or another we are usually running one of these “fear patterns.” Think about something recently that happened that caused you to react with fear, I wonder which one of these fear patterns you were running?

#### What Fear Is (False Evidence Appearing Real) and What Fear is Designed to Do (Keep Us Safe)

What is fear? Fear can be defined as “False Evidence Appearing Real” and we will explore below the reason that it feels so real however note it is not real (it is false evidence)! So think of it in this way – because it is false evidence – it would not stand up in a courtroom! Isn't that empowering to know from the outset! Fear is designed to do one thing – and that is to keep us safe.

#### What Happens In our Brains When We Feel Fear

In the brain there is a sensor at the base of the spine which is the powerhouse of fear. It tells us when we are in danger and kicks in when we are in new, unfamiliar or threatening territory. It happens instantaneously and we are moved to fight/flight responses. Think of the fight/flight response as a “cry for help,” which is responding to a “perceived sense of threat.”

#### The Fight or Flight Response

Anger is fear. Think to a time when you reacted with anger to something someone said or did and “lashed out” and the words poured out without you even having a chance to think. Perhaps they were words you even regretted. That's an example of fear (being demonstrated by the ‘fight’ response)! Running away is fear. Think to a time when you have acted impulsively or even irrationally due to fear. You may have been in a social situation, and suddenly you just had to “get out of there” and you left suddenly. Perhaps those left behind did not even know what took place? That's an example of fear (being demonstrated by the ‘flight’ response)!

#### What Fear Based Emotions Do? The 3 R's (Relief...Retreat... Responsibility abdicated)

All fear based emotions enable us to do the following things:

- 1) *Relief* from the fear in the moment
- 2) *Permission to retreat*
- 3) *Excuse* from being *responsible* for ownership of what happens

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#### 4) Don't allow us to move forward

The reason we react is that we are able to have "relief from fear by retreating from the situation and abdicating responsibility for dealing with it!" How interesting!!! Something to think about?

#### Moving Past the Fear

As a coach, it is my intention to share with my clients, when sharing with me about a fearful situation, that they are responding "after the event" and that the "source of fear has disappeared" and to then empower them to move forward. Here's an example of a question I like to ask my clients and I'd like you to ask yourself the same question around an issue you are choosing to react with fear to: "Is responding with anger/rage/running away going to move you forward – is that going to assist you?"

#### Take Focus off The Fear

Remember on our previous Newsletter when we talked about "we attract what we focus on" – can you also imagine the implications when we focus on our fears – yes you've got it – we attract the very thing that we don't want.

#### Acknowledge Your Fear As a Gift

Fear is there to tell you something about yourself. So, it is a gift to acknowledge the fear by saying to yourself "Oh, isn't that interesting! I am feeling a little fearful of that! It must mean it matters to me." (the important thing here is to say that in a very neutral tone to yourself, a curious, friendly, "how interesting???" tone.) Notice what happens! When you shift your attention to that of a neutral, observer of the situation, the fear subsides and instead you are left with curiosity and wonder. So you have moved past the fear in that simple step.

#### The Antidote for Fear is Appreciation

Another thing you can do! The Antidote for fear is appreciation. So anytime you are fearful, look at the situation and ask yourself "what can I appreciate about this person or this situation, how can I learn from this?"

#### Take Action When You Feel Fear and Courage Will Show Up

All people in life have fear – the most successful people in life have it too! The only difference is that when some people feel the fear, they recognize that something matters to them, then they reframe the situation, they ask themselves different questions, they turn the situation around in their mind, and then they take action! The interesting thing then is that the moment they take action, courage shows up! And guess what happens then, fear disappears.

#### Do Something That Scares You Each Day - Take Action!

So, my challenge for you for the month of April is to do one thing every day that scares you. Of course, I am not asking you to put yourself in any danger, however, I am asking you to start practicing a new habit, a new way of being, and I am sure the neural muscle you will build in your brain will become hardwired by the end of April and that your life would have created some amazing outcomes for yourself.

#### Let Go of Fear and Embrace Love

It is said that we are only ever operating out of fear or love. Can you imagine the impact once you let go of your fears? Can you imagine the impact on your life and the repercussions that will have all around you? Just by embracing this one principle your life can and will change dramatically! So, I look forward to connecting soon and hearing about the amazing future you are creating! Can't wait to catch up soon!

Warmest Regards, Karen Vella

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