How to Overcome Fear

Fear is one of the major blocking obstacles against your success. You tend to compromise with your circumstances and prefer to continue your status quo condition because you are afraid of making decisions. Since you lack in courage you cannot move forward in your life with liberty.
On the other hand successful people are those who take risks in life. Successful people understand that taking risks will lead them experience new horizons in their field, will give them more vision and more confidence, give them wisdom and success by exposing them to more and more challenges and consequently help them achieve their dreams. Such people keep taking new risks in order to achieve what they want to achieve. Whenever there is a doubtful situation they take the next baby step in order to determine whether it is fine to move ahead. In case they fail, they take one step back and re-determine their direction using their analytical skills.

So if you would like to live a successful life, you must defeat your fears. The reasons for being under the clouds of fear might be because of several doubts or unanswered questions in your mind. In this article, I have compiled and answered a few of such queries in order to boost your confidence level:
Question: Do I have enough info in making this decision?

Answer: You may or may not have the full information as of now. However you can gather all the facts by consulting the right professionals, by reading books, by discussing with your friends and well-wishers, by posting your questions to online forums, by studying the market and by taking advice from experienced people. Once you have collected all the information, write it on a piece of paper; positive points on one side and negative points on another side. Now read them slowly with full focus. Once done, you are all set for making the decision.

Question: What if I fail?

Answer: Consider the worst case scenario as this gives you inner strength and makes you prepare for it. However if the worst case as per your thinking is a serious disaster then reduce your risks by reducing your goals, your investment, energies, efforts etc. Change some of the points from your original plan and re-asses the worst case.

Question: Do I have the capability to do it:

Answer: See if you can learn it by reading, training, counseling or brain storming. Believe in your inner powers. List down the capabilities required for a specific task and start polishing yourself in each domain one by one. This might take some time but once you learn and polish your skills you will be able to make wonders in your domain.

Question: What will people say?

Answer: People will comment any way. It's your life and you have all the authority to do what you want to do in order to achieve what you want to achieve. Don't worry about social factors, instead focus on your plans and decisions. Evil social factors will die their death one by one once you start producing the results.
Strengthen your thoughts, avoid the unnecessary criticism and you will be able to set new trends in your domain.

Question: Is anyone else afraid of same thing?

Answer: Yes everyone is afraid of failures but only bold people make bold moves to accomplish things. Remember, common people see things while they are happening whereas smart people make things happen.

Question: What If I am trapped in tragic Situation:

Answer: To overcome a tragic fearful situation is to think of a genius person and imagine how he would have acted under the same condition. You will definitely get a new idea to try.
Closing my article by emphasizing one more time to throw your fears away, convert your risks into new opportunities, execute your plans and live like an independent and prosperous soul. Your inner confidence, your guts and your will power can make things happen. If others can do it you can do it too so believe in the power of now and go ahead and grab the success.

Source: [TheCybugle]
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