

Say No to Fear

Sonal D. Parmar¹

ABSTRACT:

Why do people fear other people and things? Why do many folks feel self-conscious around others? What's behind shyness? What can we do about it? Fear of other people is a big fear. But there is a way to conquer it. You can conquer fear of people if you will learn to put them into proper perspective. Do what's right and keep your confidence. That's thinking you to success. Here is a psychological principle that is worth reading over twenty-five times. Read it until it absolutely saturates you: To think confidently, act confidently. Be fearless with the help of these five procedures to your work; 1. Action cures fear, Isolate your fear and then take constructive action. 2. Make a supreme effort to put only positive thoughts in your memory bank. 3. Put people in proper perspective. 4. Practice doing what your conscience tells you are right. 5. Make everything about you say, "I'm confident, really confident."

Keywords: *Fear, Confident, Conquer.*

Most fear today is psychological. Worry, tension, embarrassment, panic all stem from mismanaged, negative imagination. But simply knowing the breeding ground of fear doesn't cure fear. It is only in our mind, it doesn't exist. Fear is success enemy no.1. Fear stop people from capitalizing on opportunity; fear wears down physical vitality; fear actually makes people sick. Fear closes your mouth when you want to speak. Fear uncertainty, lack of confidence-explains why people accomplish little and enjoy little?

"You gain strength, courage and confidence by every experience in which you really stop and look fear in the face. We have to Understanding Fear and Phobias.

For something that can cause as much suffering as a phobia, as remarkable how many people lay claim to having one and how many of them are wrong. Experts say, a true phobic reaction is a whole different category of terror, a central nervous system wildfire that's impossible to mistake. In the face of the thing that triggers fear, phobic's experience sweating, racing heart, difficult breathing and even a fear of imminent death all accompanied by an overwhelming need to flee. For every phobia, the infinitely inventive and infinitely fearful human mind can create; there is a word that has been coined to describe it.

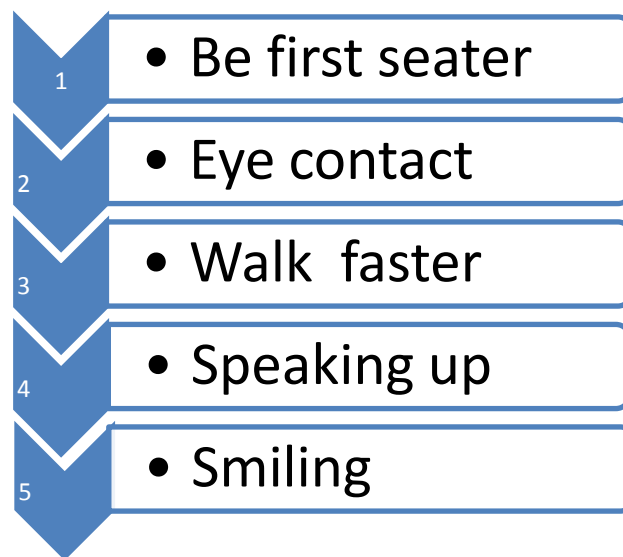
¹Research scholar, M.A., B.Ed, M.Phil, G-SET) Department of Psychology Saurashtra University

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Most psychologists now assign phobias to one of the three broad categories: Social phobias, in which the sufferer feels paralyzing fear at the prospect of social or professional encounters; Panic disorders, in which the person is periodically blinded by an overwhelming fear for no apparent reason; and Specific phobias -- fear of snakes and enclosed spaces and heights and the like. Of the three, the specific phobias are the easiest to treat, partly because they are the easiest to understand.

OVERCOMING FROM FEAR

It's perfectly natural to experience fear in one of many forms. But the usual methods for combating it simply don't work. We have to overcome from fear. First step is to build up confidence. It will help to destroy fear.



Be a First Sitter:

Ever notice in meeting in office, classroom, and other kinds of assemblies how the back seats fill up first? Most folks scramble to sit in the back rows so they won't be "too conspicuous." And the reason they are afraid to be conspicuous is that they lack confidence.

Sitting up front builds confidence. Practice it. From now on make it a rule to sit as close to the front as you can. Sure you may be a little more conspicuous in the front but remember there is nothing inconspicuous about success

Eye contact

How a person uses his eyes tells us lot about him. Instinctively, you ask yourself questions about the fellow who doesnt look you in the eye. "What is he trying to hide? What is he afraid of? Is he trying to put something over on me? Is he holding something back?"

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Commonly, failure to make eye contact says one of two things. It may say, "I feel weak beside you. I feel weak beside you. I feel inferior to you. I am afraid weak beside you. I feel inferior to you. I am afraid of you." Or avoiding another person's eyes may say, "I feel guilty. I have done something or I have thought something that I don't want you to know. I am afraid if I let my eyes connect with yours, you will see through me." You say nothing good about yourself when you avoid making eye contact. You say, I am afraid. I lack confidence. Conquer this fear by making yourself look the other person in the eyes. Looking the other person in the eye tells him, I am honest and above board. I believe in what I am telling you. I am not afraid. I am confident.

Walk Faster

Psychologists link slovenly postures and sluggish walking to unpleasant attitudes towards oneself, work and the people around us. But psychologists also tell us you can actually change your attitudes by changing your posture and speed of movement. Watch, and you discover that body action is the result of mind action. The extremely beaten person, the real down and outers, just shuffle and stumble along. They have zero self confidence. Average people have the 'average' walk. They have the look of I really don't have very much pride in myself. Then there is a third group. Persons in this group show super confidence. They walk faster than the average. There seems to be a slight sprint in the way they walk. Their walk tells the world, I have got someplace important to go, something important to do. Use the walk 25 per cent faster technique to help build self confidence.

Speaking Up

In working with many kinds of groups of all sizes, I've watched many persons with keen perception and much native ability freeze and fail to participate in discussions. It isn't that these folks don't want to get in and wade with the rest. Rather, it's a simple lack of confidence. If I say something, I'll probably look foolish. I'll just say nothing. Besides, the others in the group probably know more than I. "Each time the conference clam fails to speak, he feels even more inadequate, more inferior. Often he makes a faint promise to himself to speak "next time." This is very important: each time our clam fails to speak, he takes one more dose of confidence poison. He becomes less and less confident of himself but on the positive side, the more you speak up, the more you add to your confidence and the easier it is to speak up the next time.

Speak up. It's a confidence-building vitamin. Put this confidence builder to use. Make it a rule to speak up at every open meeting you attend. Speak up, say something voluntarily at every business conference, committee meeting, community forum you attend. Make no exception. Comment, make a suggestion, and ask a question. And don't be the last to speak. Thousand conscientious people have developed confidence through this all thing.

Smiling

A big smile gives you confidence. A big smile beats feel; rolls away worry, defeats despondency. And a real smile does more than cure just your ill feeling. A real smile melts away the opposition of others-and instantly, too. Another person simply can't be angry with you if you give him a big, sincere smile. That's why it truly says that smile and laugh is best medicine.

CONCLUSION:

Fear is created not by the world around us, but in the mind, by what we think is going to happen. Here is a psychological principle that is worth reading over twenty-five times. Read it until it absolutely saturates you: To think confidently, act confidently. Be fearless with the help of these five procedures to your work; 1.Action cures fear, Isolate your fear and then take constructive action. 2. Make a supreme effort to put only positive thoughts in your memory bank.3. Put people in proper perspective. 4. Practice doing what your conscience tells you are right. 5. Make everything about you say, "I'm confident, really confident.

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