

Finding And Overcoming The Source Of Your Fears And Stresses

A sure way to overcoming your fears and anxieties is in finding the source of your fears and being able to manage it. In dealing with any kinds of fears or anxieties, try to learn what is the real source of your fears and anxieties. Knowing what is causing your anxieties can go a long way in finding the solution. A person can find the source of his or her own fears by doing some self evaluation and also by talking to a professional. Asking yourself questions such as: "Why am I afraid" or "What is causing my anxiety" will lead you in the right direction in finding the source of your fears. Give it some time and eventually you will find the answers your looking for. Once you find the true source of your fears, the next step is to find the solutions that will solve your problem. With the help of a professional, write down a list of possible techniques and solutions that you think will manage your fear and anxieties. The next step is to apply the techniques that you uncovered. Here is a brief list of some techniques you can use to help deal with your fears. A good way to manage your worry is to challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make your fearful or anxious, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense. When facing a current or upcoming task that overwhelms you with a lot of anxiety, the first thing you can do is to break the task into a series of smaller steps. Completing these smaller tasks one at a time will make the stress more manageable and increases your chances of success. Sometimes we encounter a scary situation that gets us all upset. When encountering these events, always remember to get all of the facts of the given situation. Gathering the facts can prevent us from relying on exaggerated and fearful assumptions. By focusing on the facts, a person can rely on what is reality and what is not. Many people try to get rid of their anxieties and fears without taking into consideration why they are afraid. As a layman, I learned that the best way to get rid of your fears is to find those techniques that will manage the true source of your fears. If you can do this, then you should be able to overcome your fears and anxieties.

About the Author

Stan Popovich is the author of "A Layman's Guide to Managing Fear" an easy to read book that presents a overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com>

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