

When Your Fears And Phobias Have The Best Of You

What do you do when your fears, anxieties and depression are stronger than what you can handle? There are times that no matter what you do, your fears have the best of you. Here is a list of techniques and suggestions on what to do when this happens. The first step is to learn to take it one day at a time. Instead of worrying about how you will get through the rest of the week, try to focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your problems. You never know when the answers you are looking for will come to your doorstep. We may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference. When a person is feeling depressed, he or she should take a few minutes to write down all of the things that he is thankful for in his life. This list could include past accomplishments and all the things that they take for granted. The next time you feel depressed, review your list and think about the good things that you have in your life. 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. For example, you are afraid that if you do not get that job promotion then you will be stuck at your job forever. This depresses you, however your thinking in this situation is unrealistic. The fact of the matter is that there all are kinds of jobs available and just because you do not get this job promotion does not mean that you will never get one. In addition, people change jobs all the time, and you always have that option of going elsewhere if you are unhappy at your present location. Changing your thinking can help you manage your fears. Remember that there is one power that is stronger than your fears and depression and that is the power of God. Be persistent and be open in the avenues that God may provide to you in solving your problem. It is not always easy, however God is in control and he will help you if you ask him. If you decide to use the services of a professional, get into the habit of reviewing with your counselor what techniques work for you and which ones do not. Dealing with your fears takes practice so use this situation as a learning experience in improving your skill sets. In every anxiety-related situation you experience, begin to learn what works and what does not work in managing your fears and anxieties. It is not easy to deal with all of our fears, however there are all kinds of help available. The key is to be patient and not to give up. In time, you will be able to find those resources that will help you with your problems.

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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