



5 EASY STEPS TO QUICKLY RELEASE FEAR©

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So, you find yourself with a nauseating feeling in the pit of your stomach while you're sitting at your desk wondering why you aren't accomplishing any of the tasks on your list. Or, perhaps absolutely exhausted you finally fell asleep, only to be awakened at 2 a.m. with that same horrible feeling and there you are, your sleep is done for the night. Oh yay, now you aren't only feeling sick, you are feeling overtired,

cranky, overwhelmed and stressed!

You are definitely not alone. You may feel like it, but rest assured, you are in good company with perhaps the majority of the population around the World.

That "F" word – and I'm not referring to fun!

Why are you feeling fearful? Is this a situation you have experienced or are experiencing physically, or is it still '**born in the mind stage**'?

Of course, some fear is very real and sometimes an immediate reaction is required but that isn't what I'm talking about in this article.

I'm talking about the pre-physical manifestation fears...you know the ones I'm referring to, don't you? The ones that are irrational yet seem to expand into gigantic monsters – remember the ones our parents had to chase out of our rooms at night because they appeared, seemingly very real, in the dark.

One thing I am very confident about is that if we are playing the horror film of what if this goes wrong; what if this happens, what if this doesn't happen, and so

on, we are well on our way to manifesting it or something negative becoming a reality in our future.

Often, that future might not be very far away depending on how much thought, time, emotion and effort we have put into the continuation of one version or another of it playing out in our heads.

I think most of us have too much fear going on in our heads and our lives right now. If we manage to let go of the fears we have in our own personal lives, we can always trust in the media to bombard us with it continually, whether it is true or not?



Am I right?

So, what is to be done about it? After all, we have to get some sleep!

What is FEAR anyway?

I think we all know what it means to us individually, after all we live in a world where it is a certainty that someone, somewhere, somehow will share their views on it, what or whom you should be afraid of, but the general consensus appears to be that it is along the lines of a feeling, perceived or actual, pertaining to danger, awareness or expectation of something going or having gone wrong.

I think that about sums it up in my view. Didn't see any need for a dictionary explanation.

It doesn't feel good to me to continue dwelling on this negativity although, it is a necessary first step in the process of smashing through our stuff, so let's have some fun with it.

Do you like acronyms? I do.

I enjoy finding words with other words that describe what I may be feeling or doing.

Here's a few I have for FEAR:

- Foolish Exaggeration Always Ruins...
- Foolishly Exemplifying Agonizing Rubbish...
- Futile Eroding And Ruining...
- Futile Examination Abomination Results...
- Finding Excuses And Recognizing...

I think every one of these I can apply to many irrational, runaway, middle of the night thoughts that have banged around in my head.

Can you relate?

Have you thought of a few of your own?

Well, whatever are we to do?



When I find these words, I have fun with working through as many as I can until I get to the other side, replacing the negative words with those that are positive and descriptive. The intention is that I focus on thinking of the new words; they make me feel better, hopefully make me laugh and then I quickly move on toward the solution I ultimately desire.

Here are a few better feeling, more fun acronyms for FEAR:

- First Evaluate All Reason
- Finally Examine Acknowledge Rebuke
- Find Examine And Reconcile
- First Examine, Alienate, Rejuvenate
- Find Enlightenment And Rejoice!
- Find Enjoyment And Rejoice
- Finding Enjoyment And Results!

How many more can you think of right now?

In the very title of this article, I promised you 5 steps to help you smash through what is holding you back from moving forward. While there are many more, here, in my opinion, is a very good start.

I find it helps if while I'm doing the exercises, I write the answers down and I take a little time to read over, steps 3, 4 and 5 so I have the positive thoughts and feelings fully replacing the negative.

EXERCISE ONE

First Evaluate All Reason

- What initiated the rationale that has led you to feeling fearful?
- Is the fear actual or perceived?
- Is immediate action required?

Ask yourself...is it more often than not that you have been afraid or fearful when there really wasn't a need to be?

EXERCISE TWO

Find Examine Acknowledge Rebuke

- Where did this fear come from?
- Is it something that can be avoided?
- Is there any way out?
- Is it life or death?
- Is it inconvenient?
- What is your part in it?

You might not know where the fear came from. If not, don't dwell on it at this point. Instead, really think about points 3, 5 and 6.

EXERCISE THREE

Focus Extinguish Approximate Relinquish

- Is your peace and happiness (not to mention sleep) worth fighting for? Focus on deliberately finding alternative replacement thoughts to make yourself feel just a little bit better and a little bit better still, and a little better yet, and so on.
- Play the positive “what if...” scenarios that can help you extinguish the negative ones you were playing (*you can't get rid of a negative thought you can only replace it with one that feels better*)
- Think about how close you are to solving your pain.
- Let go of the need to prepare for the worst.

We are constantly bombarded with how terribly wrong things are and can be. Maybe it's time to consider changing that narrative.

EXERCISE FOUR

Feel Exhale, Allow, Rejuvenate

- Feel yourself moving toward relief.
- You're almost there...take some deep breaths of wonderful, positive thoughts in and slowly breathe out the negative ones.
- Allow yourself to release and let go of any pesky lingering emotions that are no longer serving you. This will help to alleviate that heaviness you might have been feeling.
- Are you starting to feel a bit rejuvenated? Hope so, but don't worry, sometimes it takes a bit of time.

It is often helpful to have someone help you work through the scenarios, emotions and stress related to the situations we find ourselves in, be it financial, personal, business, relationships, lack of confidence, etc. Perhaps I can help you with that? Reach out at: Admin@smashthoughtmentor.com.

EXERCISE 5

Finish Exhale Applaud Rejoice

- It's okay to let it all go now. Just let it go...

- Yes, exhale is in this step, too. Breathing in those better feeling thoughts and letting go of the ones that aren't so much is more beneficial than we sometimes realize. Go ahead, keep working on it until it feels much better.
- Applaud yourself! You are amazing! You did it!
- Rejoice! Be Happy! Dance! Sing! Laugh! Be Silly! It is all just fabulous.
- Feel the lightheartedness as it returns. Bask in the feeling of relief.

If and when, dark, fearful thoughts (and they inevitably will) try to take up residence in your mind, remember to go through the steps again and get them gone!

After all, they aren't paying any rent!



These are the steps I use to smash through stuff that gets in my way. I find they work, and I find relief. Sometimes a bit more work is required but it's a quick system that can be done anywhere, anytime and is **FREE!**

It is important, I believe, to allow yourself the time to work through these steps in full honesty with yourself. It has been my experience that sometimes I want to gloss over the real reason I am fearful which never works, at least not long term.

Also, important, let go of the need or habit, as the case may be, to continually beat yourself up or feel guilty. Above all else, please, if you happen to be one of the many who do, give yourself permission to stop others from doing their level best from trying to do this to you.

We are all doing the best we can!

I fully understand that it may well be very challenging to really examine your own fears as well as other issues that may be holding you back from moving forward.

Been there! It's just downright difficult! Sometimes its better to reach out for some help with someone who is impartial, caring and non-judgemental.

I would like to be that someone for you.

My bio is included at the end of this article. If you would be interested in discussing how I may help through coaching or one of my programs, please contact me at Admin@smashthroughmentor.com or via my website at www.smashthroughmentor.com.

I hope this article is helpful to you.

Thank you for taking the time and interest in reading it and at the very least, considering trying this method.

Enjoy the process and your evolvment!

Remember to **LIVE LIFE IN W.O.W.!©**

Respectfully,

Debora

The Smash Through Mentor



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Notwithstanding the above, we believe in you, and are here to support you in making decisions and the changes you want for your life by giving you hope, information, suggestion, methods, strategies, and ideas that will help move you in the direction of your goals and new reality



BIO – Debora J. Hollick – The Smash Through Mentor

Debora J. Hollick, known as *The Smash Through Mentor*, helps mature women, both individually and as a group, to “smash through” barriers that are keeping them from their full potential.

As an experienced Intuitive Consultant, Debora offers her many years of sales, marketing and coaching experience; along with a proven, successful track record in business and in coaching. She has a rural background and brings a diverse perspective to the table. She appreciates the opportunity to serve and help others achieve success.

Debora has been given a wonderful gift, in that the right words and ideas seem to come to her for what people she works with at the right time. *Though not always what they want to hear, she mentors them and tells them what is needed to be heard in order to benefit them.*

She’s also been told that she holds “Sacred Vision”, receiving messages from the Angels and The Divine to help them be heard by those who, may not be able to hear them. Her work is to help restore hope and empowerment to people where they feel there is none, and that when people work with her and participate in her programs, workshops or events, it feels like ***while they are receiving a warm, energetic hug – they are also receiving a gentle kick in the pants!***

“**Idea Explosion**” is one of Debora’s favorite consultation activities. Debora credits her success to her passion for helping people, but is quick to admit that she too, has been helped along the way by many and is a true believer that “all of us are smarter than any one of us.” That is part of the premise of her being *The Smash Through Mentor*.

Debora enjoys reading, singing, brainstorming, spending time with family and friends, writing, and appreciating all life has to offer.

Call it Karma, Good luck or a Spiritual Intervention...however you want to describe it, you can’t help but believe that **Debora J. Hollick, *The Smash Through Mentor***, is destined to help people discover a better version of themselves! Hollick describes her success as “being paid to help people do what they do best ~ become their very best evolving selves and to **LIVE LIFE IN W.O.W! ©**”