

Facing Our Fears

Eleanor Roosevelt is often described as a woman of great strength, courage and conviction. She has stated that early in her life, however, she was afraid of everything.

She once wrote, “I can remember vividly an occasion when I was living in my grandmother’s house on 37th Street in New York City. One of my aunts was ill and asked for some ice, which was kept in the icebox out-of-doors in the backyard.

“I was so frightened that I shook. But I could not refuse to go. If I did that, she would never again ask me to help her and I could not bear not to be asked. I had to go down alone from the third floor in the dark, creeping through the big house, which was so hostile and unfamiliar at night, in which unknown terrors seemed to lurk. Down to the basement, shutting a door behind me that cut me off from the house and safety. Out in the blackness of the backyard.

“I suffered agonies of fear that night. But I learned that I could face the dark and it never again held such horror for me.”

Eleanor Roosevelt’s experience showed that if we want to accomplish anything of merit or lasting value in life, we must face down our fears – including the fear of failure.

As someone once said, fear makes the wolf bigger than he is.

– Beecher Hunter