

# Overcoming Fear

Fear has been correctly identified with the acrostic **F**alse **E**vidence **A**ppearing **R**eal. The truth is that if we think something is to be feared, that perception becomes the cruelest form of reality.

A second-grade boy was overheard saying, “It’s easy to be brave when you’re not scared.” By the same token, it’s easy to talk about how to overcome fear when you have little to be afraid of.

Fear is certainly real for most people, and all of us fear something – maybe it’s poverty, divorce, rejection, death, failure, speaking in public or being laughed at.

How do we overcome fear? First, we must learn to examine our fears.

As a leader in health care – and you are, no matter what position in Life Care or Century Park you occupy – speaking in front of a group will be necessary at times. Giving a speech is the No. 1 fear in our country in some polls. (It’s also a tremendous confidence builder.)



If that’s your fear, ask yourself a few questions:

*Why am I afraid to make a speech? Is it because I’m afraid of being rejected? If so, do I think I’ll be rejected? Is my speech worth giving? Am I proud of the comments I’m about to make?*

As you ask yourself these questions, the fear probably will begin to subside. It subsides because you have explored your subconscious mind with your questions and flushed out some of your fears.

The late Zig Ziglar, famed author and motivational speaker, used this analogy about the fear of speaking:

“You could lead a mule into a crowded room and he would be so calm that he would almost go to sleep standing up. A thoroughbred in the same situation would be as nervous as a cat. So if you’re a little nervous, just be grateful you’re a thoroughbred – not a mule.”

So face those inner feelings, stand up and speak with confidence.

– Beecher Hunter