

WHO IS MICHELLE WHAITE?



Michelle is a LifeSuccess Consultant living locally in Denham and has joined the In & Around Publishing Team as the Resident Mind Coach with a regular Coaching Column right here every month.

How To Outwit The 6 Ghosts Of Fear!

Embracing The Dark Side... The Shadow...



In keeping with Halloween this month, I felt compelled to discuss the 'darker' side of our personalities and how we can be our own worst enemy by giving into the virtual demons within that are trying to sabotage our best efforts when we try to make a change in our life! It can feel challenging to stay positive when our 'dark shadow' self wants to rear its ugly head to keep us locked in our old habitual ways of being ... The shadow fearing the unknown...

Indecision...Doubt... Fear

You see, Indecision & Doubt are close cousins to Fear! Where one is found the other two will be lurking in the back of the mind quietly causing further deadly destruction if left unchecked! They function as an inseparable trio! The three dark musketeers! Any of these three are nearly always the kiss of death of lofty dreams, high hopes, deep desires and well meaning wishes. Just as we can have positive thoughts, we can also experience critical negative thoughts that can feel paralysing if left unchecked. This is why, if you are like me, when faced with a big life changing decision, you may find it hard to come to a clear cut conclusion or you begin to doubt what you want to do and begin to back peddle talking yourself out of that new way of being – simply because there is an element of fear rising. Most people see fear as a reason to quit when really it should act as a trigger to show that you are on the right track!

Using Fear as Fuel & Not Foe!

At that moment when we experience fear, we should rejoice and be somewhat 'grateful' for a good dose of fear when stepping out on our dreams because it means we are about to learn something new and head into a direction that we have never been in before – otherwise if it was not scary, no growth may happen because you would know exactly what to expect! This is why it is vitally important to have a clear vision of the new direction you desire to head into so that it pulls you through the challenges and not be pulled apart by them.

Always On 24-7 Whether You Are Aware Or Not..

Our thoughts are on 24-7 so if you are not thinking in a positive way or feeling good about the direction you are heading, the chances are you will be thinking negatively and as your body acts like a printer to your thoughts, your body then goes into action to produce a corresponding result to those thoughts. It stands to reason, therefore, that if you are asking devaluing questions quietly on the way to work in your head like 'why does this always happen to me' when you get stuck in traffic and feeling bad about it, then your mind will look for all the corresponding 'feelings' that go hand in hand with feeling bad about the situation. Nothing 'is' until

we make it so by adding our perception and our feelings to analyse circumstances. Instead of asking a better quality question such as 'What can I learn from this?' or 'How can I turn this into a positive for me?' 'Could I listen to my favourite music and feel grateful for the time to be in the present moment and enjoy it?' Which acts to assist the mind to search corresponding positive thoughts. Reframing the questions that we continually ask ourselves can help us to change the way we think, feel and in the main, ACT!

What You Think About Most – You Become!

It has been proven that 'what we think about the most, we bring about the most'. Meaning, if you want to know what you are thinking the majority of the time, take a look at your 'current' results. Your current results will be as a result of your past thoughts, feelings and actions. If you want to change your life, you must learn how to change your thoughts and feelings which may lead to different actions. Different actions thereby leading you to different life results. If you always do what you've always done, you will always get what you've always got. Most people think in reverse. Backwards thinking. They look at their bank account and think 'debt' instead of working out what it is they would like to see in their bank account first and then working on ways to bring in extra income/revenue to match the new figure in mind! Often times I hear people saying 'I have cut back on my expenses' which is all well and good if you want to keep yourself in the old poverty mentality but if you want to make real lasting change, your thoughts must be directed towards was of 'increasing revenues' and bringing more cash in rather than making cut backs.

When anyone is experiencing any indecision, doubt or fear, you can be sure that it is mainly due to a lack of purpose and or a specific goal or target to work on. Not knowing which direction they are heading and just rebounding aimlessly without purpose or focus, like a ball on a pinball machine. Knowing where you are now and where you want to go are two vital components to moving into a new life direction.

Dr Napoleon Hill quoted in his classic book 'Think and Grow Rich', 'Before we can master an enemy, we must know its name, its habits, and its place of abode. As you read, analyze yourself carefully and determine which, if any, of the six common fears have attached them-

selves to you."

The Six Basic Fears

- The fear of POVERTY (at the heart of most people's worries)
- The fear of CRITICISM
- The fear of ILL HEALTH
- The fear of LOSS OF LOVE OF SOMEONE
- The fear of OLD AGE
- The fear of DEATH

Hill goes on to state: "Fears are nothing more than states of mind... One's state of mind is subject to control and direction."

How To Outwit the 6 Ghosts Of Fear

Therefore, fear is, in essence, just a virtual flashing red light within or a warning/hazard signal that we are heading in an unknown direction, an unknown quantity that the mind does not recognise. It's the body's way of letting you know 'hey I have no cells of recognition here so I cant tell you how we should feel? So you tell me – I am waiting on your command here and I am scared?' We should embrace the fear, as it is the first indication of the initial steps of change.

Dr Hill also wrote towards the end of his book: "In parting, I would remind you that "Life is a chessboard, and the player opposite you is TIME. If you hesitate before moving, or neglect to move thoughtfully and decisively, your pieces will be wiped off the board by TIME. You are playing against a partner who will not tolerate INDECISION!" Decide. Do It scared! After all, F.E.A.R stands for **False Evidence Appearing Real!** For your **FREE 'How To Outwit The Shadow Self'** Report email me by return to michelle.whaite@gmail.com.

Susan Jeffers says (and I whole heartedly agree) **'Feel The Fear And Do It Anyway!'** Feedback welcome. How have you overcome your negative thinking?

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