

Good morning to Tuesday Truths 2/8/22

Last week, I started the topic of transforming Human Fear into Truthinto Personal Power!

A life coach is someone who helps their client, and themselves overcome Fear to create the life they want.

Once someone can have this experience, it is PRICELESS!

Once we access our truth and connect to our personal power, we only have the confidence, the willingness, & the emotional resources to take **BOLD** action that's required to create the lives we most want to **WANT!**

I have **5 Personal Paradigms for Transforming FEAR.**

As a refresher: A paradigm is not an absolute truth but is a valuable guideline that helps us unlock a way of thinking that expands our views, grows our perspectives, and, therefore, **expands our possibilities!**

#1 – Nothing changes in the world or anyone else until you change.

TRANSFORMATION STARTS WITH YOU & YOU HOLD THE POWER!

#2 – Every **moment, feeling, & experience** is perfectly orchestrated for your evolution.

Even if it is something you didn't like, caused trauma, loss, an unfortunate situation. "**Life**" did something **right** for you to evolve.

Nothing happens to you; everything that occurs FOR YOU. **This is the wisdom** of life!

#3 – There is never a downside to taking responsibility for your **own** experience. It's **how** you react & deal with "life's terms."

#4 – Desire is **not** selfish; it is a **wise compass** pointing you in the direction **of your life's purpose**. This paradigm is telling you to **trust in the wisdom** of your desires.

#5 - Your challenges are your greatest gift.

Your struggles are the **most significant opportunity** for transformation. Think of it as getting a Ph.D. in Life/ your struggle is your **GREATEST TEACHER.**

Dr. Carl Albrecht, the author of *Social Intelligence-The New Science of Success*, wrote there are **5 Core Fears:**

1. **Extinction** –
 - The feeling we no longer exist
2. **Mutilation or Bodily Invasion** –
 - feeling physically unsafe, Fear of surgery & even going to the dentist
3. **Loss of Autonomy** –
 - Feeling being paralyzed, overwhelmed, like the Fear of commitment.
4. **Separation, Abandonment, or Rejection** –
 - It shows up when a relationship ends, in the death of a loved one or divorce.
5. **Humiliation, Shame, or Worthiness** –
 - Dr. Albrecht called this “Ego-death,” going back to the basic need of being loved.

All fears go back to our **Basic Human Needs** & our inherent **BIRTH RITES** of:

1. Love
2. Safety
3. Belonging

For the most part, **Fear is useful** for protecting ourselves. First, however, we **NEED** to understand the **positive intention** of our fears & **how to grow** beyond them.

When we consider Fear this way, it becomes an ally. It works great when we run from wild animals, drive in bad weather, and walk alone in a dark alley.

How about the Fear of losing our youthfulness and grower older, retirement, downsizing, moving??

It is **protecting** us & **keeping us safe** in this world **while teaching us a better version of ourselves.**

I want to go back to “Ego-death” - **to be worthy of love & valued in the world to connect with others and ourselves.**

Sometimes the slightest failure, criticism, or mistake can send someone into a **shame spiral of Fear**. But, being afraid of being authentic (our **TRUE SELF**), setting boundaries, trusting your truth / your gut intuition, **Living the life YOU Deserve/** there is NO SHAME.

To quote Brene' Brown, a contemporary American research professor, author, & lecturer (TED talk speaker),

who has spent the past two decades studying **courage, vulnerability, shame, and empathy.**

"If we can share our story with someone who responds with empathy and understanding, shame cannot survive."

Owning our own stories makes us worthy.....It lets people know when we are struggling and is just as essential and fantastic as when we share when soaring!

Why don't we move forward? It's because we don't talk about the things that get in the way.

- Our families
- Our community
- Our failures
- Our self

Sometimes it is just overwhelming!

To coin Dr. Brown's research, we **ARE** Worthy to create a "**Whole Heartedness Life.**"

- **The love of self.....**
- **You please yourself instead of others.**
- **We are enough!**