

MATTMCWILLIAMS

Live with Passion. Lead with Purpose. Leave a Legacy.

Overcoming the 3 Sources of Fear

There are three common places that fear comes from. The past, current events, and distortion.

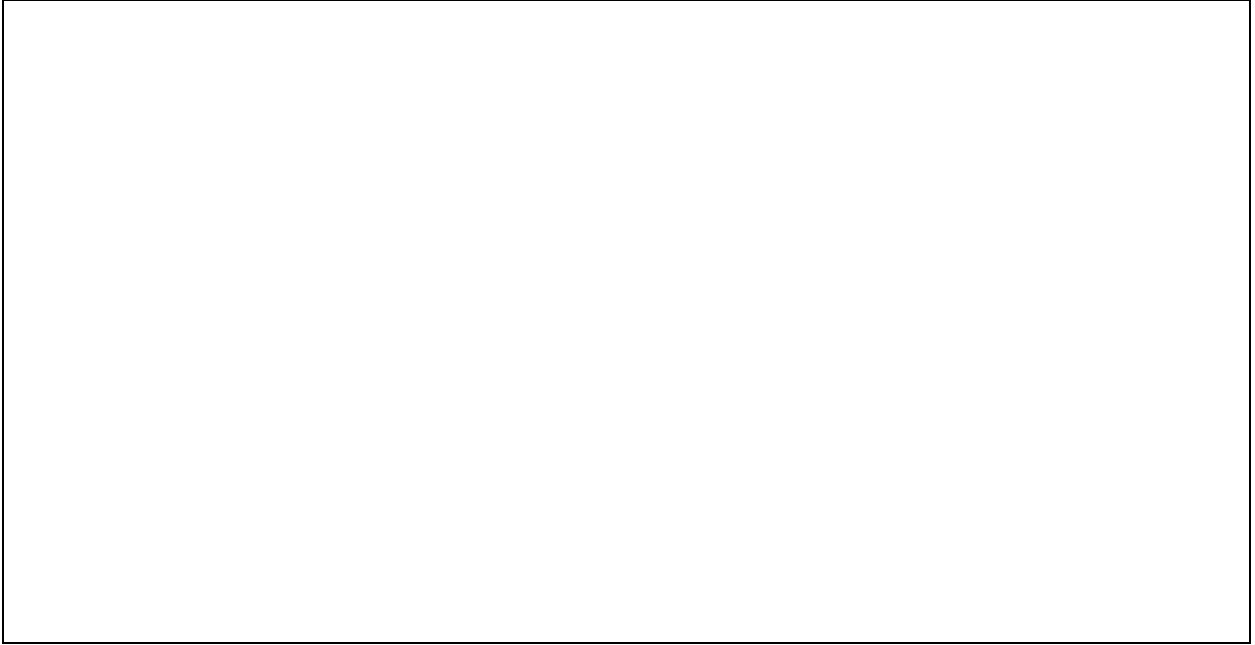
Fears rooted in the past

Some fears are rooted in the past. You saw your parents struggle. Your dad and his dad had that illness. Your parents' marriage failed. Those past events might be decided, but your future isn't.

Make a choice not to fear what hasn't been decided yet and instead choose to look to the future with optimism and hope.

What past events are causing you future fears?

What is true about those events in your life today?

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What lies are you telling yourself as a result of these past events?

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In what ways have you allowed yourself to believe that these past events to affect your life?

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What have these fears caused you to miss out on?

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What truths can you tell yourself to replace those fears?

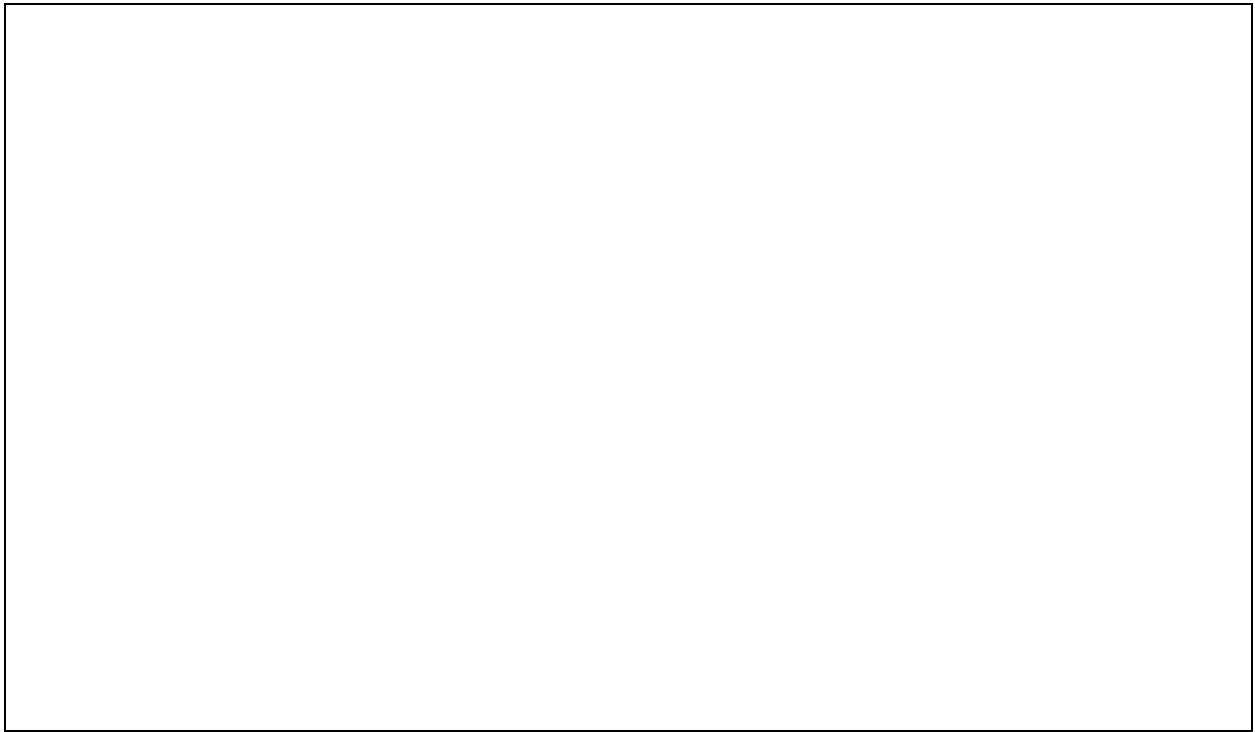
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Fears rooted in current events

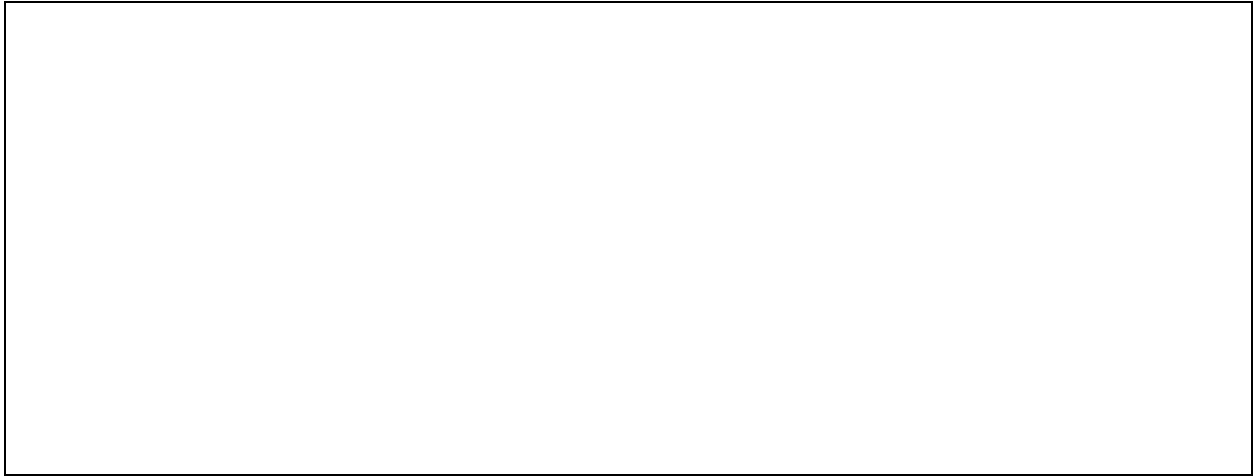
Some fears are rooted in what's happening around you right now. Your best friend's business failed. Your neighbor's house was foreclosed on. The statistics say this or that. But you aren't a statistic. You are you. And you have a choice.

Make a choice not to fear that which surrounds you. Unfriend negative people on Facebook, stop watching the news, and make a conscious decision to fill your mind with positive material.

What information sources cause you the most fear?

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What benefits do you get from these sources?



What harm have they caused you?



What are you missing out on as a result of these fears?

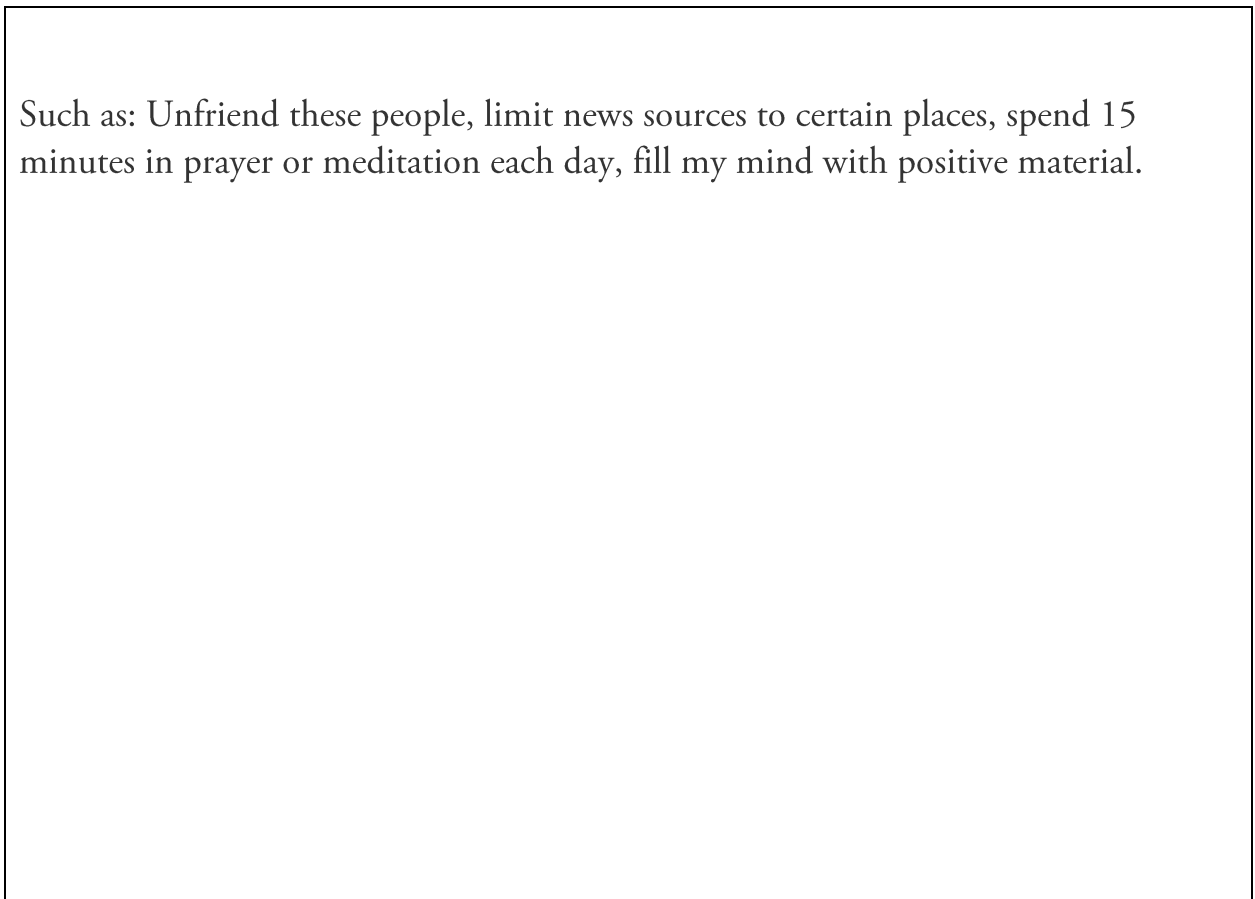


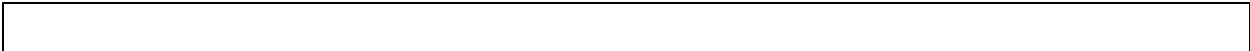
What would your life look like if you didn't have these negative sources of information?



Write out an action plan for eliminating these sources:

Such as: Unfriend these people, limit news sources to certain places, spend 15 minutes in prayer or meditation each day, fill my mind with positive material.



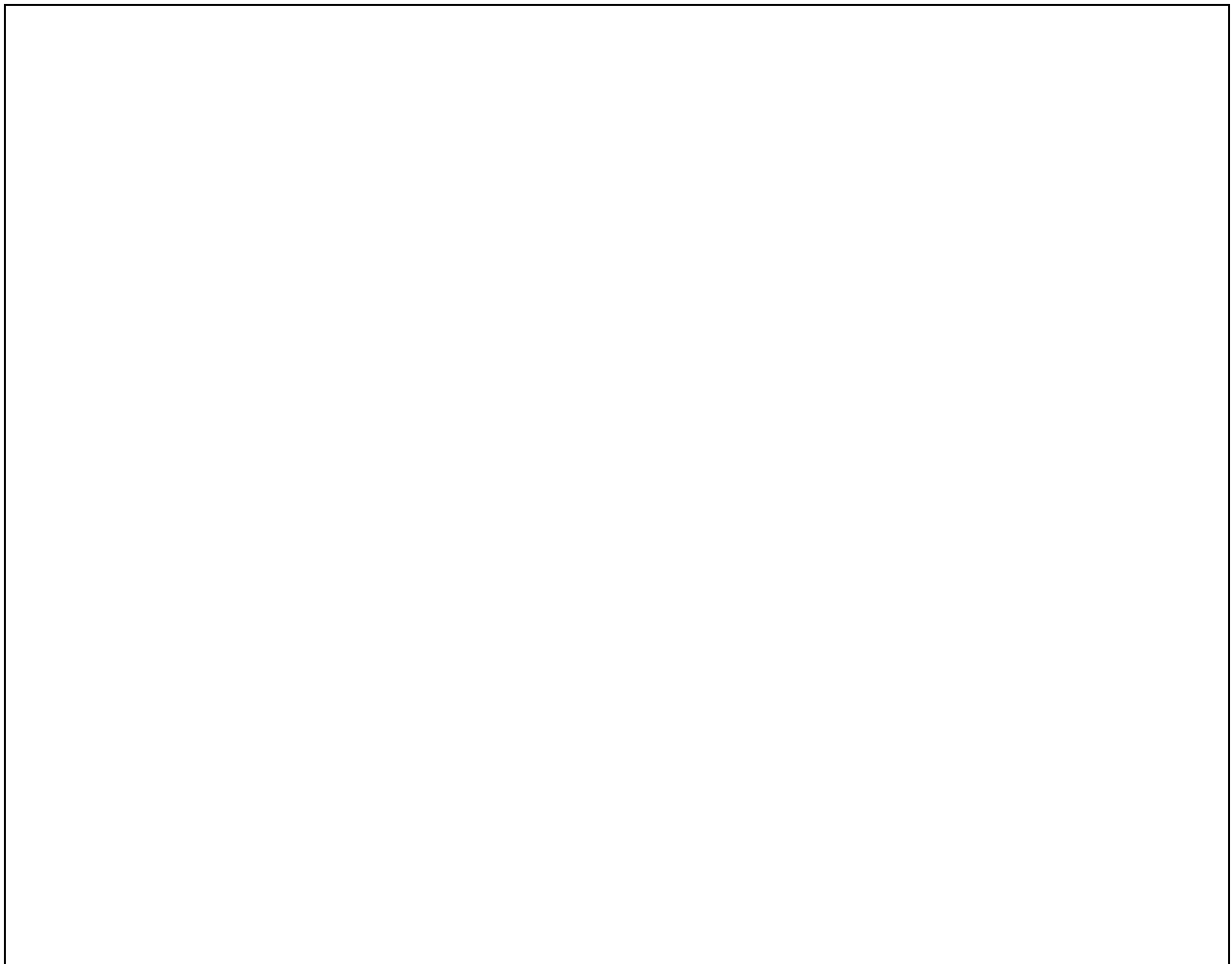


Fear rooted in distortion

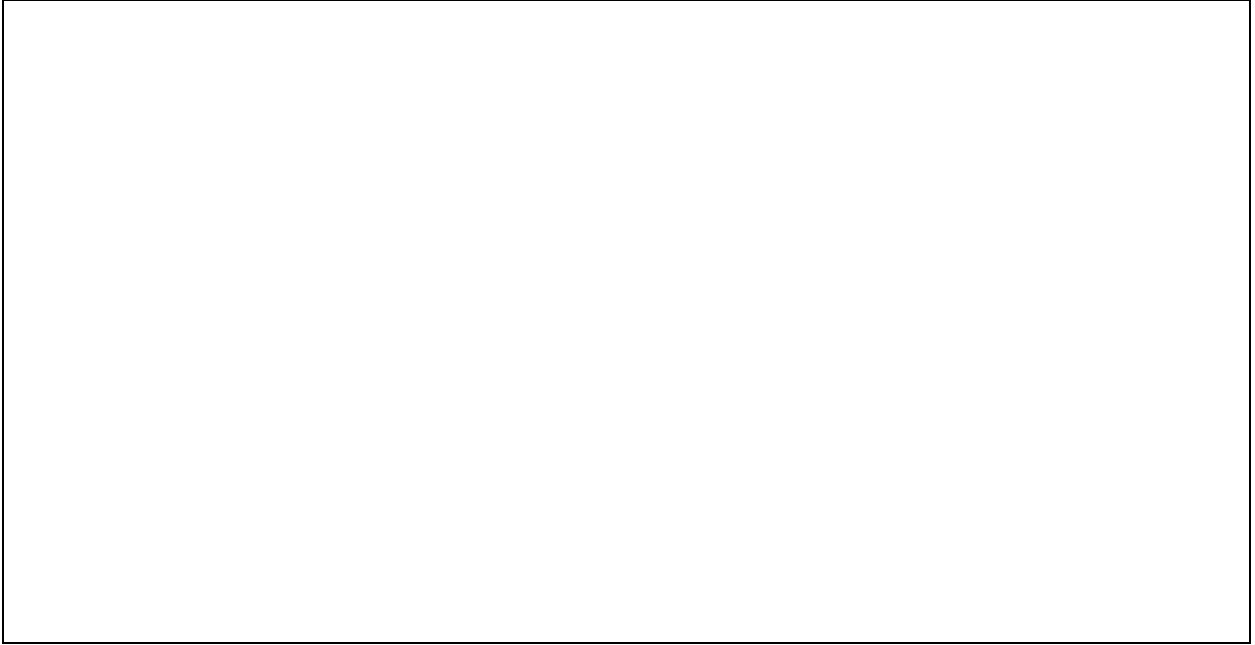
Distorted reality can lead to paralyzing fear. Distorted reality says that cancer is incurable, that every business will struggle in a recession, that no one from your side of the tracks ever starts a successful business so you'll be stuck in that dead-end job forever.

When you actually write out these distorted thoughts, you begin to see how ridiculous they are. Today, most people with cancer survive, many businesses thrived in the recession, and have you heard of Oprah? She came from the "wrong side of the tracks" and has done quite well for herself.

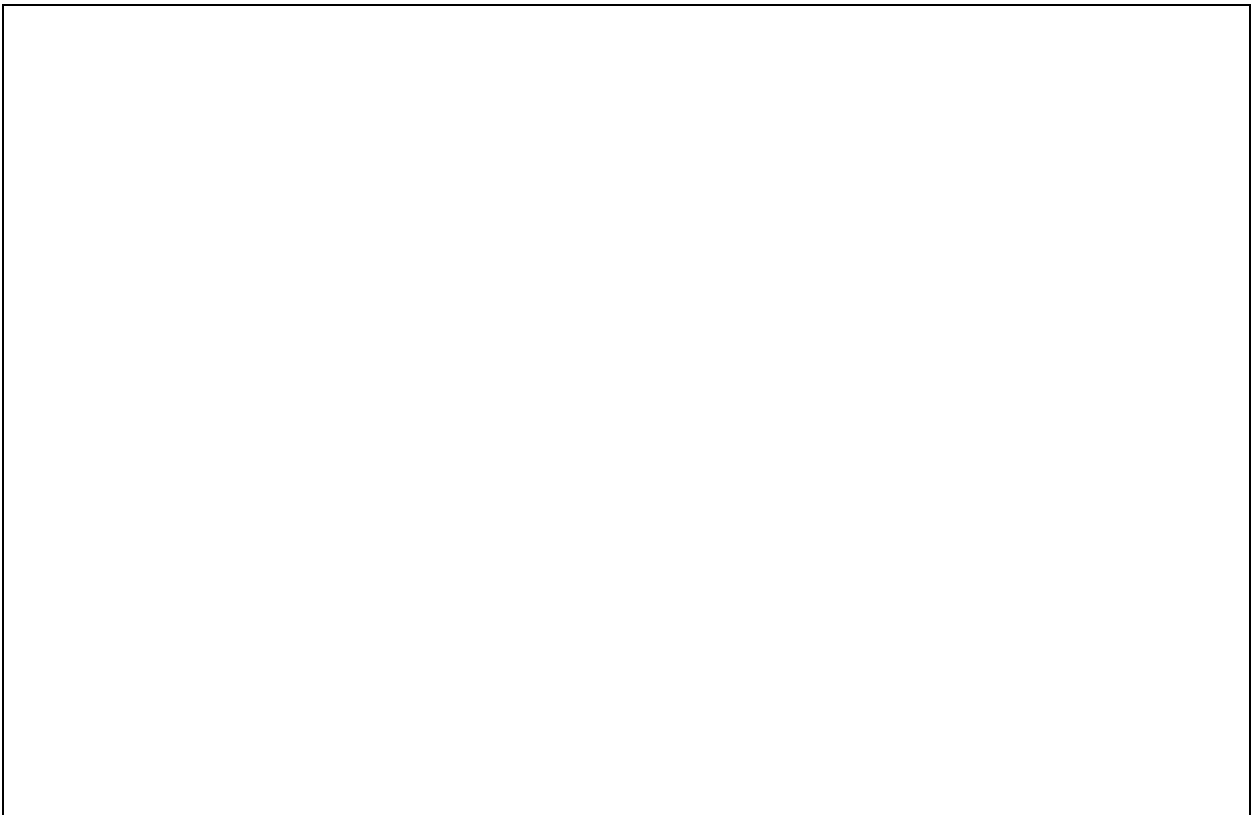
What lies are you telling yourself about your current circumstances or your future?

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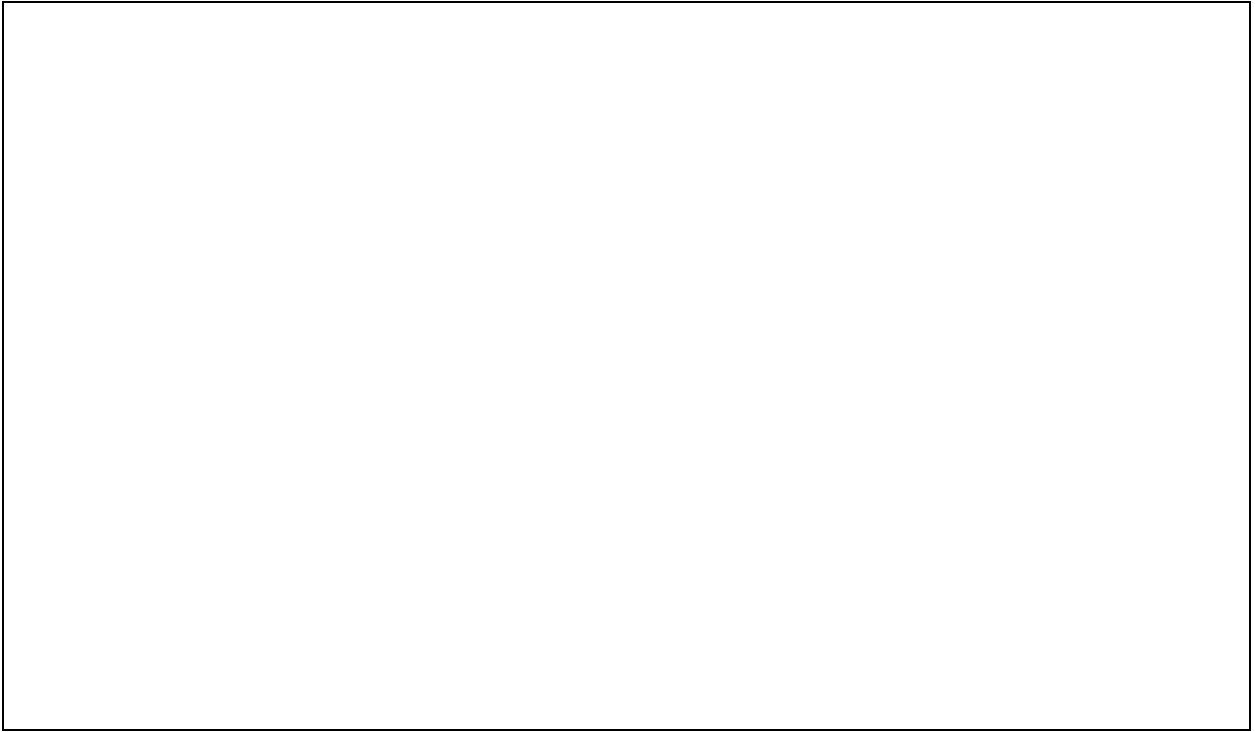
What exactly is untrue about these statements?

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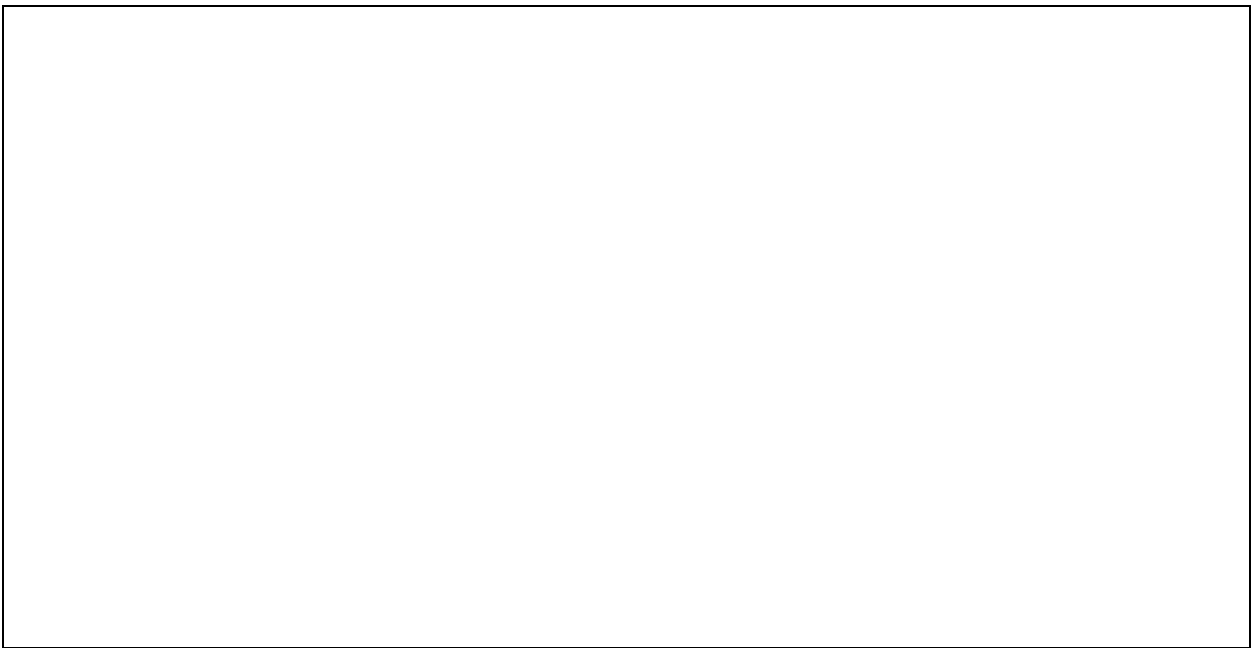
What have those lies cost you?

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What truths can you replace the lies with?



Name five people who can speak truth into your life when you need it most:



Write out your action plan for overcoming these fears:

Suggestions: Talk to Joe more often, make declarations of truth, write out my fears more often.

