

What is fear preventing you from achieving?



Are you frustrated because you aren't achieving all that you want to?

Do you fear failure or not achieving all that you know you really must?

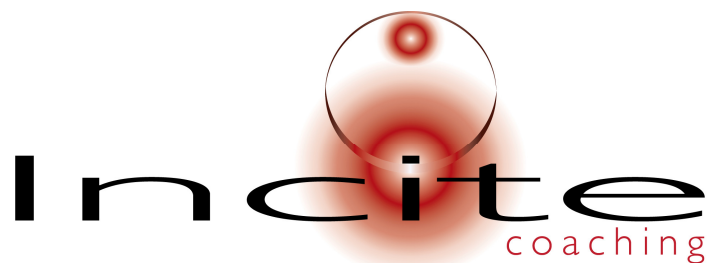
Fear is a natural response that was created to increase our chances of survival. If we trace it back to the beginnings of human kind, seeing a bear would elicit fear, which would in turn release a number of hormones to bring about the fight or flight mechanism. Fear was designed to keep us safe. But does fear always keep us safe in modern day society?

As some of you know (at the time of writing this article) I am expecting my first child and have 6 weeks to go until the big day. As a master hypnosis practitioner, I know the benefits of hypnosis and decided to explore hypno-birthing as a coping strategy for my impeding labour.

As I read the books on hypno-birthing and attended my classes, I have realised that hypno-birthing is a great metaphor for life. The basis of hypno-birthing is that fear results in pain for the birthing mother.

Since about the 12th century there has been an immense fear of giving birth within western societies. This can be traced back to a number of instances at this time were doctors and the church did not value obstetrics and midwifery and women were left to endure labour unassisted and uneducated. This quite often resulted in a painful labour, with graphic details being passed on from generation to generation. This was not the case in many developing or third world countries, where women today manage to give birth in relative comfort. Why is this so?

If we are scared or fearful about something, our body releases adrenaline which brings about the fight-or-flight response. During this time, our body prepares to run or fight from the potential danger. Therefore all the blood runs out of our "non-essential" muscles and into our arms and legs. Our muscles contract and we are unable to think as clearly as we did moments earlier, as our brain is now focusing on how to overcome the potential danger.



Hypno-birthing practitioners believe that it is this exact response that results in pain during labour. Our body and muscles constrict and therefore our core birthing muscles do not work as they are meant to during a natural birthing, which is to be relaxed.

There is extensive research that supports this argument and I would highly recommend exploring hypno-birthing for all mums to be.

This principle did get me thinking about how fear can stop us achieving our goals in other areas of our life, or make achieving them more difficult than it really should be. I often hear from clients "I'm scared of moving into the job I want, because I may fail"; "I'm safe at the moment."; "They may say no" or the classic fear of failure statement, which I am sure we have all uttered at some low point "what happens if I can't do it?"

Fear stops us from thinking clearly and focuses our attention on what we are trying to avoid rather than what we actually want. We can quite often avoid taking action as we are scared of the potential outcome and therefore we procrastinate.

Next time this happens to you, ask yourself. What is my long term goal? Get really clear on that goal and why it is important to you that you achieve it. Then ask yourself 'what is the worst that can happen if I take this action step?' and make a list of all the things that could go wrong or happen. Then ask yourself 'what is the best that can happen?' and make a list of all the great things that could happen as a result of taking action.

For example if you are applying for a new role with a goal of increasing your work life-balance so that you can spend more time with your family. The worst that could happen when applying for this role may be that you don't get the job you applied for, so you either have to stay in your current role longer or apply for another position. The best that could happen is that you get the job that you want and within 4 weeks will be spending more time with your family. When a problem is broken down like that, the solution for many people is simple, click apply!

For further information on how Incite Coaching can help you with your career transition, overcoming fear and help finding your ideal role, visit our website www.incitecoaching.com.au, call us on 02 9560 4407 or email info@incitecoaching.com.au

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