A close-up of plants growing

Description automatically generated Matt Hayden

# Understanding and Overcoming Your Fears

In her book, “Feel the Fear and Do it Anyway" (1987), Susan Jeffers explains that fears can be categorised into three levels:

* Level 1: Situational Surface Fears – These fears are related to specific situations (e.g., fear of public speaking or flying).
* Level 2: Internal Ego-Based Fears – These fears are more abstract and tied to our ego (e.g., fear of failure or rejection).
* Level 3: Core Fear – This is the deepest level of fear, centered around the belief that you won't be able to handle life's challenges.

The tool below can assist you to identify and categorise your fears and identify possible strategies to overcome them.

Instructions

1. **Identify Your Fears**: Reflect on the fears that arise when you consider making a change.
2. **Categorise Your Fears**: Consider if you have any situational or internal fears and add them to the relevant tables below.
3. **Brainstorm Solutions**: For each fear, write down potential strategies or actions you can take to overcome them. You can also brainstorm strategies for addressing the core fear. With most fears, there may be multiple strategies or steps. Go ahead and break it down.

## Level 1: Situational Surface Fears

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| **Fear** | **Strategy to Overcome** |
| Example: Fear of public speaking | Join a public speaking club to practice and build confidence. |
| Example: Fear of learning new technologies or systems | Enrol in online courses or seek mentorship from a knowledgeable colleague. |
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## Level 2: Internal Ego-Based Fears

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| **Fear** | **Strategy to Overcome** |
| Example: Fear of failure | Reframe failure as a learning opportunity and set small, achievable goals. |
| Example: Fear of being judged for leaving a stable job | Focus on the positive aspects of the change and discuss it with supportive friends or mentors. |
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## Level 3: Core Fear

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| **Fear** | **Strategy to Overcome** |
| Being unable to handle life's challenges | Example: Reflect on past experiences where you successfully coped and sought support from a mentor or coach. |
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