Self-Acceptance Training

# For Those Living the Rejected Life pt. 2 of the **Becoming Who You Are** series

Self-acceptance gives a person a sense of peace, empowerment and clarity to name just a few. Self-acceptance is accepting what makes you be who you are. Self-acceptance allows you to accept or be ok with your truths, your wisdom, your senses, your body, your mind, your emotional makeup, your likes, your interests, your personality, your character, your spiritual identity, your intelligence, your quirks, your abnormalities or differences, your shadows, your past, your mistakes, and anything else that makes you be you.

When you can feel good about every aspect of yourself including the fearful parts of yourself or mishaps from your past, another’s opinion or judgment or rejection of you has no real weight and cannot cause you to have an emotional imbalance or intense reaction.

But the reality is that most us do have hurtful feelings after being rejected which signifies a need for most of us to get closer to who we are. You may never be able to get to a place where an opinion or judgment or rejection or anything else doesn’t cause you some kind of emotional challenge and this is ok. The purpose of this information is to offer you the opportunity to mature your sensitive emotions that lead to such intensity that you have become afraid of feeling.

Rejection and judgment can sting badly enough that it can make a person run, hide, withdraw, get angry, lash out, hurt another and so on.

The act of rejection and rejection fears that exist in our minds can create intense emotions that can lead to intense physiological reactions such as anxiety, ongoing anxiousness and even depression.

Good News! Rejection Anxiety diminishes its power and has no real weight or bearing on someone who focuses on acceptance for who they really are. So, the more you move towards accepting who you are the less you will experience intense emotion from rejection. Let’s look at rejection in more detail so you can move towards becoming who you really are.

There are many people who have spent a lifetime dealing with rejection challenges. It is so much a part of their life that I call it Living the Rejected Life. People living the rejected life are constantly running from any potential rejection experience and feel extreme sensitivity with handling the feelings that arise from a rejection experience.

This self-acceptance work that is outlined in this **T**herapeutic **I**ntervention **P**ractices = TIP sheet is especially for those who have struggled for many years with what to do with the insecure feelings left over from being rejected by someone and how to deal with the internal fears that plague you and make you feel misplaced in this life.

Acceptance and a sense of belonging in this world can be felt with a willingness to take ownership of one’s emotional life. You take ownership by fully experiencing your feelings and accepting what the experience has to offer you. Take a deep breath and allow yourself to experience what you need to experience as you go through these pages. Read further for more insight.

**New Perspective of the Rejection/Judgment Experience=** in the past rejection has just been some cruel act someone places upon us and we were left helpless of ever resolving the intense feelings left over from the act. But now I would like to invite you into a different mental space about this seemingly act of unkindness.

Begin to see rejection as a signal. A signal to your brain, nervous system and emotional system that there is something **you can’t** accept about yourself. You’re having this rejection experience to alert you to be more of who you are and to accept the part of yourself that is being rejected by the person doing the rejecting. The person or people who are creating the rejection experience can be seen as your temporary emotional guides versus the enemy. This temporary emotional guide is here to point out what you feel or reject about yourself. Once you know what you reject or feel about yourself this is your signal to nurture yourself with loving words and messages of truth about who you really are.

EX. Mandy is constantly feeling rejected by her mother due to the indirect criticisms about her small size her mother places upon her. Mandy’s mom is her temporary emotional guide or Temp. (You will see how to deal with temps later). There is direct rejection and indirect rejection. Mandy’s mom is using an indirect rejection. She is not coming out and saying she doesn’t accept Mandy for who she is but she is saying it through criticisms and judgments. Both direct and indirect rejections say to someone that they don’t feel accepted by the other person or persons.

**TIP:** When you have learned to reject yourself this is also a signal to realign your view and accept that part of yourself that you reject.

**TIP**: **Your rejection fears are mainly about being non-normal and being left alone because something about you appears to be non-normal**

**TIP:** Letting go of blame and fault is a priority in developing self-acceptance – Practicing forgiveness and redefining trust and safety will help wash away the feelings of blame and fault

**The self-acceptance training is about ways to get you to be comfortable enough to accept yourself and feel good enough in your own skin so that rejection does not create internal shame or low self-esteem. It is also about finding ways to feel the rejection and not run from it or try to get ahead of it by preventing it from happening. To do this the main focus is on:**

**How to become comfortable with being you – Self-Acceptance training (SAT) includes**

Reforming and refocusing your perspective on rejection/judgment and your reaction to it

Defining your challenges and identifying your experiences

Total awareness with every piece of the experience

Unpacking the experience and fears down to their essence to take the weight off of them and see the spiritual purpose of rejection and judgment to help you see more clearly and ultimately feel more acceptance for your life

Refocusing your emotional energy to rechannel the intense reaction of anxiety

Repetition of the truth to wash away the false beliefs that have a grip on your belief system- such as:

 Visualization Repetition

 Speaking Repetition

 Writing Repetition

 Thinking Repetition

Learning to sit still with the feelings and capturing the wisdom needed to help you grow into your emotional potential

Practicing spiritual prescriptions such as self-compassion, self-trust, surrender, patience and so on

**TIP: Ultimately, acceptance of everything leads to full acceptance of yourself**

**Note:** Intense emotions like out of control fears cannot exist if it has nothing to feed off of – If you no longer fear being rejected then rejection can no longer immobilize you or make you emotionally unstable. Some have been living the Rejected Life for so long that their bodies are used to reacting with intense anxiety. Your calmer emotions can be restored to balance with repetition of your truth- For example= Say you want to not fear being rejected for your spiritual truths but you experience intense anxiety whenever the opportunity for you to speak comes around. Your locked into a belief that speaking your spiritual truths will be the worst experience ever and that you will not recover from it due to the possibility of being rejected, ostracized, persecuted, criticized or even worse left alone. Your body has grown used to the anxious reaction and the fear of speaking out has grown and now you are hypnotized by the fear believing you will never get through the nervousness that pops up because others will always reject you and judge you for your truths on spirituality.

living your truth and speaking out about your spiritual truths seems impossible because of all the heavy weight around being rejected for what feels right to you but is not the norm to others in your circle. If you normally hide from others when this subject is brought up you will have an exaggerated emotional response when you speak up for the first or several times but as time goes on your body will be used to you speaking your truths and your nervous system and emotional system will neutralize enough to allow you to stop running as long as that is your intention. You move through this by feeling and hearing what the anxiety and your emotional guides have to point out for you to accept about yourself. In other words you’re learning to be emotionally honest about what makes you be you and eventually your emotional system and nervous system will learn to cooperate just enough to allow you to keep going!

**TIP:** There is no such thing as never being nervous or scared. The action becomes learning to be ok with being scared and being seen as scared.

**TIP:** There is no real value in quick fixes – you will spend money you don’t have and waste valuable time chasing iron balloons. Slow down and engage with your life to see what your life is trying to get you to notice about you.

**PART I**

* **First** – Define rejection and judgment

**Rejection**- Someone doesn’t like something about you or something you have done and expresses this through non-acceptance.

Further defined as:

To refuse to accept someone or something

To refuse to submit to someone or something

To refuse to believe or make use of someone or something

**Judgment**- The act of looking down on someone. A critical opinion of someone or something.

Further defined as:

To look upon or think of someone or something with disgrace, dishonor or disdain

To look upon or think of someone or something as an inferior

**TIP** – take note of how you feel when absorbing the definitions- look out for moments of clarity

**SAT Exercise: Speaking Repetition**

Let’s get acquainted with a moment of truth on the subject of opinions/Judgments

Realizing the power of opinions or judgments and the power we have to restore our emotions around opinions from others about who we are can be life changing. Read/speak/memorize the repetition of truth statements below to help move you toward regaining your power to being emotionally stable with an opinion/judgment/criticism/rejection

Someone’s opinion can only hurt if it is about something we believe will make us **different** from the norm

Someone’s opinion can only hurt if it is about something we believe will make us **imperfect** from the norm

Someone’s opinion can only hurt if it is about something we believe will make us **inferior** from the norm

Someone’s opinion can only hurt if it is about something we believe will make us **separate** from the norm

Someone’s opinion can only hurt if it is about something we believe will make us **feel alone or be alone** because you are not in the box of the norm

 **–** Take note of how you feel when absorbing the statements- look out for moments of clarity and acceptance

**TIP** – **Your rejection fears are mainly about being non-normal and being left alone because something about you appears to be non-normal**

**Normal** has meant a set of rules everyone must follow, a set of standards everyone must follow, a set of beauty everyone must follow, and anything else that can be placed in a box of safety.

**A New Normal** is needed – a new normal can be = Creative, intuitive, innovative thinkers who accept all people and accept every fiber of their own being!

**Why is it so scary and overwhelming to be different or not of the norm in thinking or being?**

The truth is opinions, criticisms, judgments and rejections carry so much weight and causes weakness in the nervous system or feels as if you’re going to shatter is most likely because you are sensitive to being different from the norm set by others. It goes back to understanding how our belief system determines whether we will be afraid of something or not. Layers of fears can be created from one traumatic experience and make you feel as if this fear is so big it cannot be reduced down to size.

**Other reasons rejection and judgment can hurt so much**

It signifies a deep truth

You’re embarrassed someone has pointed out your fears about yourself and now they know your secret

You don’t want to be wrong

Your image has been tampered with and this scares you to death

You don’t believe you can handle others seeing you in a bad light

All of these reasons lead to two main facts. **First** it says that you have a problem with vulnerabilities/feelings in general and **second** after all is said and done the real fear is that you will be abandoned by others and ultimately alone.

**How to reduce the fears and be in self-acceptance**

Reducing the fears means unpacking the fears and beliefs that drive the monster inside. When the fears are reduced you can come out of the trance that says you will never overcome this monster of a fear.

* **Next:** Unpacking the fears

Unpacking the experience and fears down to their essence to take the weight off of them and help you see clearly. Have a mind of curiosity so you can see the wisdom the fear has to share with you.

**SAT Exercise: IDENTIFY YOUR REJECTION FEARS – to help unpack the fears**

1. **Write out 3 main fears you have about being rejected/judged/criticized- (the ones that bring you pain)**

I fear being rejected for ---------

I fear being judged for -----------

I fear being criticized for -----------

**Examples:**

Being wrong

Making a mistake

Feeling unattractive – hair, eyes, face, skin, skin color, size, height, shoe size, legs, scars, birth marks, chin, cheeks, lips, arms, missing limbs, teeth, fingers, and anything else

Feeling overweight/underweight

Being interested in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My Personality

My Smarts/Intelligence

My lack of certain intelligence

My Memory

My Spiritual beliefs

My Political beliefs

My Parenting beliefs

My Past mishaps

My neighborhood

My Illness, disease, disorder

My sexuality

My lack of money

And so on

**SAT Exercise:** For every fear you wrote down write a new acceptance statement

Old belief

I fear being rejected for making a mistake

Truth

I fully accept myself even if I make a mistake and I am accepted by others even if I make a mistake because we are all human

Old belief

I fear being judged for being gay

Truth

My sexuality is accepted fully by myself and many other people and this is good enough

**WRITE YOUR OWN –**

**TIP= Repetition – Repetition – Repetition - write your truth on paper repetitiously, say it out loud repeatedly even if you don’t fully accept it right now.**

**TIP= Express your truths through a form of art if you like I.e., write a song about your truths or do a graphic journal book- anything that will help you sink into your truth that honors self-acceptance**

**Check In! Remember** Rejection or judgment is your signal to get comfortable with some part of you. Take a break and allow the above work to absorb – don’t overdo it. We learn best by small chunks at a time

**SAT EXERCISE: Refocusing Your Rejection Fears – to unpack its intensity**

You have had some experience around your soul’s history with this rejection fear that was never resolved and has grown into a traumatic experience every time the rejection comes about.

**NOTE: YOU HAVE DEVLOPED A BELIEF SYSTEM AROUND THE REJECTION FEARS YOU HAVE LISTED ABOVE**

1. Write out the rejection fear and what it is costing you and stopping you from having in your life- Ex. “I fear others will reject me if I don’t wear beautiful clothes everyday”- “I feel on edge and like I don’t belong if I don’t go to great lengths to make myself look extremely nice”. “I have no sense of peace in my life, I don’t know who I should be anymore”.
2. How heavy is it? Scale of 1-10 with 1 being nothing and 10 being the worst ever (pick a heavy fear)
3. After reading the instruction close your eyes and get really still and calm. Think back to the earliest memory you have with this rejection fear- Ex. Your rejection fear is being rejected for how you look so your earliest memory could be in kindergarten class when someone made fun of your clothes
4. In that experience what were your emotional options? What emotional option did you choose? Ex. I had to run or hide or feel bad about myself or I could only get angry back then
5. What do you know about emotional reactions today that would change how you felt back then? Ex. If you felt shame or not good enough after a class mate made fun of your clothes and you develop an insecurity around how you dress to try and prevent this experience again – this is the old reaction. This is also the development of a system of beliefs about yourself and others that intensifies the original experience since it never got resolved with acceptance and understanding. The more your try to prevent this experience the bigger the fear grows.

Your new emotional reaction from a more emotionally stable standpoint to this classmate making fun of your clothes could be to accept that your clothes were good enough and this classmate is your temporary emotional guide and your temps rejection and criticism shows you how you feel about having clothes that look different from the norm. You feel what it feels like to be considered an outsider. You can now thank your temporary emotional guide for showing you how you react when your clothes are different from the norm and you are seen as an outsider. From this standpoint you are the one in control of your emotions and can continue to change how you see the experience to fit your current emotional maturity.

**NOTE: This was how to refocus your past rejection experience for clarity and wisdom**

Now write out your own experience.

1. What is the wisdom you now have from your past rejection experience?
2. Do you fully accept the experience and can now see it as a way to help you learn more about who you are and what you are really capable of in your emotional, mental, physical (body/anxiety) and spiritual life?
3. How do you feel? Most people feel a shift in their emotion or perception after refocusing their experience towards the wisdom to be learned about themselves.
4. Rate your level of intensity after unpacking this experience on a scale of 1-10,

**Note:** If you feel the same you may need to hold on to the experience because it is helping you in some way. The benefit of keeping the experience as it is gives you something. Sometimes it gives a person a sense of revenge or helps them stay where they are emotionally because they fear they can’t handle their life and need a legitimate excuse that will allow them to not move forward. If this is you please you may need to get additional professional help to resolve your emotions

**TIP:** When you experience rejection there must be a conscious refusal to turn against yourself by internalizing the experience as something being **wrong** with you. This creates shame. Refuse to see the rejection as a way of pointing out there is something **wrong** with you. See the experience as a signal to nurture yourself.

**SAT Exercise: Living up to your emotional potential by using spiritual prescriptions:** After all is said and done re-review what your top 3 rejection fears are and spend some time with a spiritual prescription (described below) that eases the rejection thinking. For example: if your rejection fear is being seen as wrong then your spiritual prescription could be learning self-forgiveness and being an imperfect human. This also lightens the intensity with the deeper fear of humiliation that is attached to the fear of being wrong.

Some of the main spiritual prescriptions could be Trust, Self-Compassion, Being Good Enough, Imperfection, Surrender, Contentment, Forgiveness and Patience etc. These are only suggestions. Find the spiritual or moral values that make sense for you. Keep it simple. This exercise helps build your emotional foundation and aids in grounding your energies. Find the patience to help yourself get more comfortable with yourself by absorbing some spiritual or moral values.

1. Spend a week with one spiritual prescription at a time to help you get used to living up to your emotional potential.
2. The week can look like beginning each day with an affirmation on trust or a trust prayer. If you don’t have one find one online. Keep it simple.
3. Throughout the day and week you watch for opportunities to choose more trust in your feelings or truths.
4. Pay attention to how you feel when focusing on trust affirmations or statements that help you honor trust a little more in the week.

KEEP GOING! Or take a break

 **REFOCUSING IN THE HEAT OF THE MOMENT TO UNPACK THE INTENSITY OF THE REJECTION or JUDGMENT FEAR**

If you are faced with a rejection or judgment experience today and need to work through the emotional moment, here are some TIPs.

EX. You’re fearful of doing your group presentation at work because you fear being embarrassed due to possibly making a mistake. You believe that the group will think you are not up to their standards because you believe you are the only one that looks nervous when it’s your turn to speak. Frankly, you know you have always had a fear of speaking in groups and now it is a part of your job and the reason to get through this is plenty. You’ve spent the last two weeks of every hour of the day analyzing and imaging the worse that could happen. You are exhausted with worry. You are having an emotional moment.

The day arrives for your presentation. The meeting is cancelled and you are saved for the moment. You contemplate quitting or you hope you get sick before the next meeting. The next day out of the blue your boss asks you to cover for her in a different meeting. You feel you can’t say no. You are the one who is supposed to know the heart of the challenges and you are the one who has to express this to your peers so the challenge can be resolved.

**ER for rejection fears and judgment fears**

Remember One Thing- Go into ACCEPTANCE MODE

Acceptance Mode is:

You become the slowest you’ve ever been to be in full awareness

This is a good time to practice surrender over the situation. Let go of anticipating the worst by surrendering to the resistance or stop fighting not being seen, heard, or embarrassed – it’s all just resistances popping up to remind you that you still care about how others see you, so surrender and be ok with being seen, heard or embarrassed

Visualize a bucket – put every resistant fear-based thought into the bucket every time one pops up.

Everything becomes a level 1 out of 10

All fears have no meaning in this moment. You can see the bigger picture of everything

**Remind yourself** – Being chronically nervous about being seen or heard can be selfish. It’s selfish because I am only focusing on how others will hurt me and not on how I can help others.

Refocus – Refocus – Refocus – How can I help the people in this meeting and not focus on myself this time?

* How can I help Bob feel like he’s special?
* How can I help Melinda feel heard?
* How can I help Rashawn feel included?
* What information can I give to them?

**Refocusing is key to an ER rejection or judgment situation**

If someone directly rejects you, you’re more than likely dealing with embarrassment or humiliation feelings. Do the same ER remedy

* Refocus on what your Temporary Emotional Guide is signaling to you
* Filtrate your mind and system with acceptance thoughts until you have time to process this for its wisdom
	+ I accept the intensity of the emotion I am experiencing
	+ I accept that what I am feeling is temporary and will subside when my body has had a chance to rest and recover
	+ I accept I needed to have this experience to flush out old belief patterns stuck in my body
	+ I accept…

**ER Recap**:

* Acceptance Mode
* Refocus on how you can help others
* Refocus on the signal your Temp is sending you
* Filtrate your mind with accepting the emotions you are feeling and the visible shaking others can see

**TIP;** Remove the emotional layer that says you have to watch everyone to see if they are rejecting you- this only intensifies your anxiety and takes your mind off of your work. People scan for rejection because they believe it is helping them stay ahead of being rejected but this is the farthest thing from the truth. Refocus and use your emotional lasers to scan for someone who needs your help.

**TIP:** Remove the emotional layer that says you have to appear cool, calm and collected while doing something scary. When people shake or sweat and still speak their truth or deliver the message the audience focuses on the incredible demonstration of vulnerability happening.

**TIP:** Stop drowning in negative messaging to yourself- swim in nurturing messages instead

**Check In:** How are you doing so far? This is a lot of information to process so take a break.

**PART II**

Just Relax….training your mind to be geared towards acceptance can be awkward and uncomfortable at first.

Even if you couldn’t do some of the exercises its ok. If you learn best with just realizing your truth this is fine.

Let’s recap and just talk. What can self-acceptance help you have for yourself? Do you know what truth is so scary you feel you could be persecuted or shattered because of it? Whenever you can’t accomplish something there is likely a hidden fear of being rejected or judged in some form that is paralyzing you.

Repetition of the truth to wash away the false beliefs that have a grip on your belief system is probably necessary to help reinforce what you now know to be what is true for your life. **This is not done in a hurried fashion.** Instead the action of repetition becomes your natural response from a place of calm. Repetition simply means constantly returning to what works and what you know to be the best choice for a better emotional life. For instance, repeating or training yourself to say a truth you keep avoiding such as “I’m no longer a Christian, I feel more in touch with Eastern Philosophies”. This could send shock waves through your body if your family are staunch believers in Christianity and you no longer feel a sense of spiritual identity with this religion. But training and practicing what you will say to your family and friends when the subject comes up can decrease your sensitivity to fearing being rejected and the ones you love disowning you or abandoning you for your spiritual truths. Hopefully you have a better understanding of the importance of repetitions.

I also hope you have more insight into how the fear of aloneness is a root fear causing caution and unhealthy beliefs that lead to scary thinking around being rejected. Living a lifetime of feeling a lack of belonging and acceptance makes emotional growth and practices with learning to feel vulnerable- feel out of emotional reach. Repetition with feeling and honoring your truth helps you become comfortable with being closer to who you really are. The awkward feelings that come with unfamiliar territory can be worked through with practice just like developing your muscles for the first time.

There are no quick fixes. You learn to be in the present and handle the experiences that arise versus trying to rush and get ahead of the next possible experience. Trying to prevent or hurry up and get ahead of handling the next experience negates the wisdom you’re trying to obtain which is to feel the feelings and not run from them. This doesn’t mean you shouldn’t practice feeling your feelings or practice how you might handle the next situation. It means you have to step away from trying **not** to feel something like rejection or ultimately aloneness. So, repetition or practicing being with your feelings helps you feel.

Also, this doesn’t mean you won’t be scared or uncomfortable. It means you’re willing to stop running and take ownership of your emotional life one experience at a time. Handling one experience at a time means being ok with “In the Moment Processing”. When the moment comes to handle saying what needs to be said and you do this, you mature emotionally and begin to unpack what was once an impossible experience to overcome and you find out that you’re not going to disintegrate or experience irreversible harm.

TIP: Get the support and teaching you need in whatever area you are needing to increase your emotional maturity and emotional strength with the focus being on feeling your feelings. If you need to speak up more get coached or trained in speaking or voice work that honors your emotional growth.

Relaxing the scariness around being rejected means understanding that it’s ok to be scared about being rejected. You’re dealing with adjusting your views and belief system around many years of not being yourself and not feeling safe with speaking, hearing, feeling and/or knowing what is true for you. Creating safety means learning self-compassion for the journey you have endured over the years. Being in a space of kindness helps you to remove an emotional layer that can make adjusting feel better.

Growing stronger in your ability to handle your emotional life can be dramatically enhanced if you are willing to trust yourself and the wisdom and natural flow of your being. I don’t think you can actually fully accept yourself if you won’t trust in your abilities to handle the feelings that have seemed so scary. Something to remember is that everything you need to feel differently and do differently is already inside of you waiting to be chosen. We learn to choose compassion over judgment, trust over panic, and contentment over confusion. Our lives are about the choices we are willing to make.

Self-acceptance is a choice that you choose by surrendering control and instead, learning to focus on handling what is in your life. Control looks like impatience and worry and a lot of trying to prevent or get ahead of the feelings. Fully accepting that life is for you and not against you even in times of traumatic experiences says you understand how to trust how your most painful experiences will help you grow up and live at your highest emotional potential.

TIP: Some time tested exercises to help with finding calm and allowing acceptance to be your practice could be reflective meditation or maybe a guided meditation. Writing for healing is also an excellent source of support and release of scary feelings around surrendering what no longer works for your life and accepting what does work.

Leaving behind the rejected life for a more emotionally intelligent way of living should be sinking in by now. You now know the real mission is self-acceptance when you are faced with a rejection fear. The journey with rejection and self-acceptance is finding ways to be comfortable with everything that makes you who you are.

Revisit this TIP sheet as much as you need and look for your Higher Wisdom and your Higher Self to shine through and take over as you journey into self-acceptance.

**F**or **Y**our **I**nformation

Some fears that come with living the rejected life

**Exposure Fear** - Fear of being exposed for who you really are and for what you really see as truth. You may hide from being seen, heard, felt or from being known by others. This fear can cause a multitude of challenges to prevent feeling rejected.

**Confrontation Fear –** Fear of being direct with others about how you feel or see things and being unable to set boundaries to prevent others from disliking you and leaving you feeling rejected.

**Humiliation and Embarrassment fears** – Fear of being seen in a displeasing and dishonorable fashion that will leave intense hurt feelings. An intense emotional reaction to feeling shame.

**Fear of Harm** – Fear of being hurt emotionally, energetically or physically and not recovering or fear of bringing hurt or harm to another

**Fear of Responsibility** – Fear of taking ownership over something or someone’s needs due to beliefs that say you can’t handle being at fault or the reason something did not go well. Fear you can’t handle too many things/people or do too many things because you will be at fault or the reason it did not work out. Fear of handling life and life choices due to being unable to tolerate being at fault if it does not work out.

**Fear of Displeasing** – Fear another will be upset or mad with you and disapprove of you in some way if you fail to please them

**Fear of Aloneness** - Fear that being separated or separate from others will not be able to be tolerated – This is the ultimate fear that keeps rejection alive

All debilitating fears are an accumulation of scary thinking! Unpack them with a mind of curiosity for the wisdom the fear has to share with you. Deal with the anxiety that arises by understanding what scares you, why it scares you, refocusing and continuing to do what your life is asking of you even if you’re shaking doing it.