



FEAR IS MY FAVOURITE EMOTION!

I bet not many of you have said that to yourself before! In fact it was not to long ago that I would not have imagined saying that statement to myself either (and believing it). My clients also find it a bit mind boggling when I say this to them. In fact in the first consultation most of my clients actually say things like:

- I hate my emotions and how they make me feel
- There is no logical reason why I should feel fearful
- My anxiety/fear is getting in the way of me reaching my goals and living life
- I am sick of constantly feeling this way
- I am an emotional wreck
- I feel out of control
- I feel like there is something wrong with me

Many people who struggle with their fear and anxiety find it very difficult to see any positives in their fear and anxiety because they have not been taught how to turn this emotion into a positive force in their lives.

However my own search to understand fear and anxiety (as a client and practitioner), and a recent book I have read indicates that fear and anxiety can play a very powerful positive role in your life, actually adding to your capacity to live life to the fullest.

Even though I have been working with anxiety in this way for some time I have rarely seen other people working from the same perspective. However a colleague of mine Anthony Gunn (a psychologist based in NSW) stumbled across this idea also and decided to do some research to test the theory. His idea was to interview so called “fear professionals”, professional athletes, police, SAS soldiers, boxers, martial artists and explorers etc and talk to them about how they deal with fear and anxiety. He believed that they must have some magical way of staying fearless in order to have accomplished what they have in their life.

However the opposite was actually the case, his research showed that these people still feel much fear and anxiety and probably more than most because of what they do. The difference is that they have much more effective ways of dealing with their fear and anxiety. This means that their fear and anxiety did not hold them back in their life and actually helped them achieve their goals. Quite an amazing find, don't you think?

Over the last few years I have been working on developing a program that takes clients through a structured process that will teach them the knowledge and skills need to turn fear and anxiety into a resource in their life. I have called this my Emotional Coaching Program. The program consists of 12 weekly one on one sessions that are designed to give clients the background knowledge, practical skills to transform their relationship with anxiety. During the sessions all the material is learnt in a very practical fashion allowing clients to quickly start applying this new knowledge and skills in the real world.

Dean is a registered psychologist and natural therapist working in private practice in Coburg and Melbourne (St Kilda road). You can find out more about his approach to anxiety on his websites (holistic approaches to anxiety activemindandbody.com.au or the emotional coaching program emotionalcoaching.com.au) or he would be happy to answer any questions you may have, he can be contacted on 93842700 or email dean@activemindandbody.com.au.

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