

Ilene L. Dillon, M.S.W., L.C.S.W.



**99 Tips For
Mastering Fear**

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Table of Contents

Tips for Mastery of All Feelings	3
Tips for Action Toward Mastery of All Feelings	3
Mastering Your Brain's Attitude	4
Tips for Understanding & Conquering Fear	4
More Action Toward Mastery	5
Gentle Paths to Mastery	6
Deeper Paths to Mastery	6
Master Fear by Having Fun	7
Drive Fear Out Through Acts of Courage	8
Use Your Spirit to Lift You Out of Fear	8
Daily Exercises Toward Mastery of Fear.....	9
Visualization Tips (To Do with Your Eyes Closed)	10
Thinking Yourself Past Fear	11
Tips for Mastering Fear Through Dreaming	12
Tips for Sharing Fear Mastery with the World	13
If You Remember Only One Thing	13
About the Author	14
A Gift for You	14

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On September 11, 2001 (9-11) people identified as “terrorists” commandeered commercial airplanes and crashed them into New York’s World Trade Center, into the ground in Pennsylvania and into Washington’s Pentagon building. Thousands of people died. These events and those that followed (such as death by anthrax bacteria sent through the US mail) were designed to create fear in the hearts of Americans. Osama bin Laden, in a video broadcast around the world on the first day of bombing in Afghanistan (10/8/01), said “America is full of fear from its north to its south, from its east to its west. We are glad of that.”

That same day, Senator Richard Shelby of Alabama, being interviewed on Larry King Live said simple words that inspired this book. “If we hunker down and we hide, the terrorists are going to win.” Terrorism expert Larry Johnson, the day before on the same program on CNN, answered a question all Americans were asking: “What should we do? We should be calm. The best thing we can do is not be afraid.”

“Not being afraid” is much easier said than done. Yet, it is A PRIMARY LESSON we need to learn in order to get past this horrible segment of history. In the spirit of helping America learn how to “not be afraid,” this booklet of 99 tips for ways we can master our own fear, and share this mastery with others, is dedicated.

Tips for Mastery of All Feelings

Make friends with your feelings. Emotions are given to us to help guide us through life. We need to know them and determine their message in order to live better and more peaceful lives.

Learn to recognize the special message that each feeling has for us. Feelings tell us what to watch out for, what direction to go, and warn us to be ready to react. Love tells us to come closer; and fear tells us to proceed with caution, being ready to get out or to encounter.

Step into your feelings, allowing yourself to feel them, to know which feeling(s) you are experiencing, and facing whatever those feelings are attempting to tell you. Feelings that are ignored only appear to go away. Instead, they hide inside of us (sometimes doing damage all the while), waiting for the next similar experience to pop out and remind us of their presence.

Accept that each experience you have on this earth is an opportunity to learn something. No matter how difficult the lesson, it’s the learning we take away from it that really matters. Embrace your lessons, instead of resisting them or pushing them away.

Expect yourself to always have emotions; humans will never be able to “get rid of emotions.” That’s because emotions are part of our daily guidebook. The trick is to get their message and allow them to pass through us as quickly as possible.

Trust your feelings; they never lie. While at first you may need help to learn what they are showing and telling you, eventually you will find they are the most trustable part of you. They can tell you what you need to do before your brain can comprehend what is happening.

Tips for Action Toward Mastery of All Feelings

Imagine yourself as a riverbed, and the “water” coursing through you is emotion. Our human systems are made to “channel” feelings. If we fail to channel our feelings, they rise to “flood stage” and hurt others and us, instead of helping us, as is their design.

Think of planet earth as a “giant school,” to which we have all come to learn and grow. As a “student” you will see your experiences differently, making them more understandable and profitable. Instead of “problems,” you will then have only “puzzles.”

Avoid repeated lessons by realizing that this is school: if you don’t learn the material it is presented over and over; when you do, you get promoted! Even more important, each time a lesson is presented in “earth school,” it is a harsher lesson. You might as well learn the first time the lesson is presented, instead of dragging things out.

Work as hard as you can to learn the lessons that are presented to you. Once a lesson is presented, it is offered over and over and over again until you learn it. You may have temporary reprieves, but there is no escaping it until you learn the lesson!

Embrace your own learning process. Fortunately, the more we humans accept that our experiences are trying to teach us something and we won’t escape similar experiences until we learn the lesson, the easier daily life becomes. Soon you will be sailing through lessons effortlessly and your experiences—even the tough ones—start to be fun!

Find ways to harmlessly express emotions and let them pass through you. When allowed to follow their natural course, emotions do **not** go “out of control.” Only repressed emotions explode out of control and can be considered “negative.”

Teach yourself (with support) to do the things that cause you fear. Go to Toastmasters and learn to speak in public, go tandem bike riding, sit in total darkness for ten minutes, take dancing lessons, offer your opinion, cook a new dish, allow yourself to fail at something. Things you know don’t scare you.

Mastering Your Brain's Attitude

Study emotions. You will learn that they obey “laws” that are similar to those in physics, since emotions are a form that our energy takes. For example, like water, feelings need to move; and when they do, they often change form.

Make note that feelings you hold inside grow in power and in force. Like the warm and cold winds meeting in a Midwest tornado zone, your feelings will create “emotional tornadoes” inside of you if you persist in holding onto them. It **is** possible to work with your emotions so almost all of your “tornadoes” are small and don’t devastate.

Remember Franklin Roosevelt’s caution that “The only thing we have to fear is fear itself.” Roosevelt knew that fear feeds on itself. Once we focus our attention on fear it grows and grows, leaving us terrified and feeling defenseless.

Post this principle on your mirror or refrigerator: “When I operate my life on the motive of fear, I will create the very thing I fear.” This principle is highly motivating, since it tells us that trying to avoid facing our fears inevitably leads to disaster. Remember times in your childhood when you didn’t confess an error you made for fear your parents would get angry; then they found out and were even angrier!

Deal with fear immediately. Fear “generalizes.” A specific fear that you don’t deal with today will turn into a bigger, more amorphous fear tomorrow.

Pay attention to what you want to **become**, not to what you want to **overcome**. To get yourself to a different place, once you recognize, feel, and learn the message of an emotion, focus your attention on what you would like to feel instead. Head for that safe port of call by recognizing the feeling you don’t want, but focusing on what you do want!

Strive to balance your emotions and your brain. Ideally, the brain and emotions are made to work in harmony with one another. Together, they form our “user’s manual” for being human.

Tips for Understanding & Conquering Fear

Observe the amber traffic light, which “cautions” us that we will be in danger if we don’t obey the green or red light and go or stop. The same with fear. Fear “cautions” us that we are going into unknown territory and need to be alert and observant, ready to flee or stand and encounter.

Consider that mental illness could be defined as “fear that has gone totally out of control.” To be emotionally healthy (or even emotionally wise!), aim for **mastery**. Then you have dominion over your fears, rather than fear having dominion over you.

Ask yourself: “What is the opposite of this fear?” When you find fears’ opposite you can focus your attention there, thus taking yourself to a different experience. What we focus our attention upon we tend to become.

Read about people who have conquered fear and achieved important, even great, things. The protagonist of James Clavell’s Shogun, Helen Keller, Anne Frank, Eleanor Roosevelt, [Tour de France bicyclist], Winston Churchill, Rosa Parks, Franklin Roosevelt, Moses, passengers of the September 11, 2001 United Airlines Flight 93 and the firefighters and police who lost their lives in the World Trade Center, Gandhi, Martin Luther King---all of these people pushed past their fears by focusing on a guiding purpose or mission. You can do this, too.

Look for ways to take charge of your life, and then take them. Responsibility is one of the “building blocks” of self-esteem; so taking charge will automatically make you feel better! When you are being in charge, you have less time to feel afraid.

Make a plan of action, but don’t set goals so high that you get discouraged. Choose a smaller step, then when that goal is reached, choose another one. When you experience yourself accomplishing the small steps, it encourages you to easily do more small steps---or even big ones! Life itself is made up of a series of small steps.

More Action Toward Mastery

Step into fear as soon as you realize you are experiencing it. Facing fear squarely (for what it is, not what you hope it is or someone tells you it is) sets you free of it. You will not have to repeat the less of this particular fear over and over again. It’s learned!

Make yourself an “acquaintance” of fear. Instead of referring to the fear you feel as “my fear,” call it “the fear,” thus making it an acquaintance rather than a bosom buddy. It is easier to let fear go when it doesn’t belong to you.

Heal yourself with music. The type of music doesn’t matter, though some music is more healing than others. Allow yourself to get lost in listening to the music and give it permission to take you to peaceful, happy, joyful and exhilarating places.

Gently massage your chest. When people are given a sudden fright, they often throw their hand up on their upper chest, which is a place in our body where we are most likely to register fear. To lightly massage this area reduces feelings of fear.

Stand together with others. The passengers on United Airlines flight 93 on September 11, 2001, stood together and faced their captors, of whom they were surely feeling afraid. Though it did not save their lives, we can all imagine they felt far less afraid in facing their eventual fate.

Become a world authority on whatever frightens you. A woman fearful of spiders read everything she could about them. She became so fascinated with how fantastic spiders are that she overcame her fear!

Gentle Paths to Mastery

Hang out with people who are masters of fear. It is too easy to be overcome with fear when we are constantly around it, even if it is not our own. To master fear, spend your time with people who refuse to give themselves over to it.

Help a child deal with fear. We help children lovingly; it is important to do the same for ourselves. Helping a child overcome fear will make us feel better about ourselves and embolden us to lovingly overcome our own fear.

Attend movies and plays that are uplifting and free of fear and terror. In times of war, people prefer to see comedies and musicals. We know intuitively that constantly exposing ourselves to sadness and fear makes us more fearful and sad.

Exercise to increase endorphins in your brain. People who are feeling good, healthy and strong are less prone to fear. You're more likely to be associating with people who are optimistic and positive, too.

Identify what you are talented in, and use your talents as often as possible. A talent is something that seems easy when you do it, yet others think remarkable. Do you cook, woodwork, draw, arrange flowers, garden, ski, appreciate music, relate well with the elderly, organize, write, compute, act, sew, make handcrafts, drive, fly, play games or water ski? You don't have to be an expert in something in order for it to be your talent.

Serve selflessly. One of the most constructive, healing activities we can ever do is to give of ourselves, to others, without recognition and without expecting anything in return. Volunteer. Send cards to shut-ins. Work at a food bank or soup kitchen.

Deeper Paths to Mastery

Heal yourself of past fears. Get help from a clergyperson or counselor/therapist. Healing fears from childhood (like fear of the dark, of speaking up in public, or of getting into trouble for asking for what we really want) will make you less fearful as an adult.

Recreate the basis on which you live your life. Instead of living defensively, live assertively. Look for what you can do, rather than protecting yourself against what you are afraid to do. Remember to appreciate yourself for both your efforts and triumphs.

Get help. Go to a secular or religious counselor or therapist, call a friend, call your relatives or go to a clinic or doctor. Fear is more likely to overtake you when you are all alone and it is harder to get out of.

Face fact. Separate fact from imagination and belief. Can you deal with the worst possible outcome? Looking at the feared thing for what it truly is will cause fear to disappear as if by magic.

Meditate. Whatever method you use, allow yourself to focus your mind single-pointedly so that you go into the deepest reaches of your soul. Connected to your larger self in this way, fear will disappear.

Accept change. Most of us fear change because change takes us into the unknown after taking us through chaos. When we accept that “change is the name of the game here on earth,” we welcome change like small children do; and it activates far less fear in us.

Master Fear by Having Fun

Dance. You’ll heal yourself from fear even more when you move your body along **with** the music! Our bodies “trap” fear in their very cells, so moving your body allows it to move fear on through without retaining fear in your cells.

Garden and dig in the dirt. Even if all you have is a container or a single pot, digging in the dirt connects you with the earth, which is comforting and grounding. If you raise healthy vegetables or fruit, or produce gorgeous flowers, the joy you will feel will far outweigh any fear that has attempted to creep into you.

Sing. Singing causes us to breathe deeply, pushes energy out “on the wings of sound” and comforts us through hearing the sounds we sing. You can make up songs that also express fear and send it away, like the one that says: “I whistle a happy tune, so no will suspect [not even you!], I’m afraid.”

Take care of a baby or a baby animal. Tenderly caring for new life softens us and fills us with love. When we are full of love, fear cannot get a toehold.

Get out in nature. Take a hike, go camping, sit in the park or go fishing. Green heals, blending with nature makes us peaceful, and being in nature takes us back to our real roots with Mother Earth.

Make up simple poems about how strong and fearless you feel. Our minds remember rhymes and put them to use. “I’m safe and free, to be a happy me; love is on my mind and love is what I always find!” Or, whatever.

Drive Fear Out Through Acts of Courage

Allow yourself to be vulnerable. To admit and work with fear, take the risk of exposing your vulnerability to someone you trust. Being vulnerable is one of the ways we get close to people, especially when we are behaving lovingly.

Thank the fear you feel for being present and providing you with the opportunity to learn and grow. This will focus you on the “opportunity to learn and grow” part and less on the fear part. Now you can find and learn the lesson this fear points you toward, instead of getting lost in the fear.

Write a letter to someone you trust (or trusted—living or not) and share the fear you are experiencing with him or her, asking for his or her help. Write a second letter, this one from that person telling you what you would most like to hear from them that will assuage the fear(s). Read this letter out loud and allow yourself to feel comforted.

Decide whom you want to have in charge of your life. Do you want the actions of others to determine where you can go, what you can do, and how much freedom you can have? If not, decide to be in charge of your own life and live it fully. You’ll feel and be safer.

Heal your emotions (through counseling or therapy) so you can give up Prozac (or other psychoactive medication). People who are fully in the world are so busy living they don’t have time to linger with fear. They feel the fear, acknowledge it, and learn from it, then take action anyway.

Do it anyway. One definition of “courage” is to know that you are afraid, and then go ahead and do what you are afraid to do. Acting courageously strengthens you against further fear.

Use Your Spirit to Lift You Out of Fear

Focus on something larger than what you feel afraid of. People have done incredibly courageous things when they were focused on saving someone they love, rather than on what could happen to them as they tried. Fear thrives on “thinking small.”

Thank the person(s) who taught you to be afraid! Turn your face to your left shoulder and say “Thank you [name the person] for teaching me to be afraid of.....(and name the fear).” Are you laughing? Most people do; and then they also feel less afraid!

Think BIG. Do you think a Supreme Being feels afraid? If you could be that big, how afraid would you feel? Think about it.

Make a decision about whether you choose to be alive on the earth or you choose to die. Until you decide to really live, you are constantly engaged in a “living death” and will feel fearful. No matter what you believe, making the most of the life you have now is your best bet.

Create symbols that remind you and others of safety, peacefulness and happiness. Symbols can be simple or complex, so you don’t have to be a fantastic artist or poet. A picture of a sleeping child, your fingers raised in a sign of peace, a collage of people smiling and laughing made of pictures cut from magazines—keep them in front of you to remind you of the behaviors of people who are not afraid.

Decide to live lovingly in everything that you do, and with everybody. Loving does not mean you have to like everyone; it means that whatever happens and whomever you are around, you focus on love and act as lovingly as you possibly can. This means loving yourself, too. Love drives out fear.

Daily Exercises Toward Mastery of Fear

Examine your beliefs. We tend to create whatever it is that we believe in. If you believe you’ll have a bad day, you will. Why not believe the best for yourself?

Change your beliefs. The subconscious mind cannot resist repetition. Repeat what you would **like** to believe (and create) over and over and over until your subconscious mind believes it and starts to create something new for you.

Take a class in something you have never believed you could do. Even if you are not totally successful in your learning efforts, appreciate yourself and the learning you do accomplish. Facing one thing you fear causes you to feel less fearful in other parts of your life, and leaves you feeling like a more capable, strong person.

Create safe feelings for yourself every day by reminding yourself, at every mealtime, how safe the earth had to be to take the time to create each bite of food you eat. This focuses you on nature, on the “bigger” thing that is required to grow food, fills you with gratitude and places your attention on safety rather than fear.

Speak more about love, hope, joy and happiness and less about fear. The spoken word has power, so the more you speak about something, the more force it will have in your life. Give love, hope, joy and happiness a chance.

Breathe deeply. When we are afraid, we tend to lock our diaphragms. It is difficult to breathe deeply and be fearful at the same time.

Remember how good you felt when you faced down fear in the past. Give yourself permission to have that feeling again. Act accordingly.

Encourage friends and family to join you in casting off the cloak of fear and stepping into the sunlight of encouragement, love and trust. When you focus on something it grows from the energy (attention) it gets; when several people, together, focus their attention on love and trust, they create it. What a great thing to create an essentially fear-free life with people you love and care about.

Visualization Tips (To Do with Your Eyes Closed)

Imagine yourself starting up a wide, high set of stairs, and as you climb higher and higher, the stairs become more and more narrow, with the light dimming to almost nothing. Turn around when you can go no further and come all the way back down to the bottom. Once we go into the unknown, we can return and feel far less fearful.

Create a fantasy around the fear you feel. In your fantasy, make the fear something that gets destroyed by a more powerful force (this can take any form you like). When you demonstrate to yourself, even in fantasy, that you have dominion over fear, you will be less fearful.

Think of the fear you have as a big river or lake. In your imagination, create a way to get over, around or across the water. Standing on the opposite shore, look back and pat yourself on the back for surmounting fear. This will provide your subconscious mind with the message that you have power over fear.

Consider yourself living at a time in the future, when there is no one to fear and nothing that will harm you. How would you feel? Carefully and slowly, bring that feeling back to your present moment and live, act and make decisions based on the feeling you brought back.

Pretend in your mind that the fear you experience is a great huge boulder that needs to be pushed up and over a mountain pass. When you have enough of pushing and having it roll back on top of you, collect a group of friends and allies, and have them all help you to succeed in pushing the boulder over the pass. Feeling your connection with others allows you to master fear.

Let yourself feel totally safe and shielded as you imagine yourself snuggled in someone's protective arms. All of us felt safe in our mother or father's arms as a child. This helps us remember being that safe, especially when done regularly, and leaves little room for fears to grow and prosper.

Imagine yourself doing something you think you cannot do in real life. Remember that you are in a fantasy, and can therefore create whatever you like. When you open your eyes and return, try doing that same thing in real time.

Thinking Yourself Past Fear

Remember a time in your life when you were least afraid. Notice what you were focusing your attention upon, how you were making decisions and what was important to you. Open your eyes and go on with your day making every effort to behave in the same ways you did then.

Contemplate a fear you once had and then faced and overcame. How did you do it? What did you learn about allowing yourself to feel fearful instead of overcoming fear? A lot of fears are learned from others, or senseless, and we wonder why we allowed them to have such an influence over us, once we have overcome them.

Identify a person who lives fully and fearlessly (in a book, in history, in the movies or from your own life) and imagine yourself to **be** them. Describe yourself out loud (“I’m ____, and I’m ____ years old and I look like _____ and I do ____.”). After basking in the feeling of being “the same” as that person, come back into your own life and observe how much more like them you are acting.

Repeat aloud the words “I live by The Law of Love, and Love Shall Be Victorious.” Love is a powerful force; repeating these words focus your mind on Love through the spoken word (which is also powerful). Eventually, your subconscious mind will “adopt” them as truth and begin creating life for you based on the energy and power of Love.

Contemplate everything for which you feel grateful. Gratitude creates more. When you are grateful for all the good that you have and feel, you create more for yourself and for the world.

Make everything you do in your life a choice, even if at first it doesn’t seem like you have made one. When your life is a series of your own choices, you are living responsibly, which increases your self-esteem and sets you free. An individual who is responsible, free and has high self-esteem finds it easy to master any fear that arises.

Fall asleep repeating a mantra, the word “peace” or “love,” or a positive affirmation for living free of fear. What you pay attention to as you are falling asleep sets the tone for the following day. Create a fear-free day for yourself.

Tips for Mastering Fear Through Dreaming

Learn to suggest to yourself that you dream about a particular thing. Keep making such suggestions until your subconscious mind responds and starts giving you those dreams. We can do things in dreams that will then allow us to do them in our waking life. The Senoi taught their children to work like this with dreams, believing that the dream life is the “real” life.

Before falling asleep, suggest to yourself that you dream about fears you are experiencing, and that when the dream occurs you will find a “dream friend” who will work with you to master the fear. If your dream friend doesn’t show up right away, face and work to master the fear on your own until s/he arrives.

Ask for a dream that will eradicate unfounded fears you may carry from childhood by harmlessly having them cut out of your body. During sleep, should you find yourself in the hospital with a doctor poised to cut something away from your body, cooperate. When you awaken, look to find the ways in which you feel less fearful and more confident.

Pray for or affirm what you want to have happen so that you and all who matter to you (maybe the whole world?) are safe and free of fear. Research has shown that prayer and meditation positively influence the appearance of water drops (as seen under a microscope), so of course it will change those same “water drops” in the cells of your brain and body.

Request dreams that show you how to overcome fears. Each person deals with fear slightly differently than each other person. Your own subconscious mind knows the best ways to work with your emotions and thoughts.

Aim for a dream in which you overcome specific fears that you name before going to sleep. If you like, you can work with a series of fears, keeping a list of those you overcome through dreaming. Start on a different fear only after you have mastered the one you have been working on through your dreams.

Rejoice in the new day upon arising. Express gratitude for the life you live, for the on-goingness of your life, and for all the good that is on its way to you for this day. When you are grateful, you create more.

Tips for Sharing Fear Mastery with the World

Work together with others to create a world in which we would all love to live. Sharing, serving selflessly and taking action all reduce fear. And your efforts will focus many people on what they want to become, not on what they want to overcome.

Take time to talk about or imagine together, with a group of friends or acquaintances, a world without fear, enemies, war and unnecessary pain. Thought has great power; when the thought of many people is joined together, its power is magnified geometrically. When you think something, it can become.

Become the kind of person you would like to find in every area of your life. Living responsibly, with principle and character, creates something like a magnetic force field, bringing like-minded people to you. When each one of us concentrates on creating such a force field, there will be no room for evildoing, and fear will be squeezed out.

Help others. One person at a time, reducing ignorance, poverty, desperation, fear, depression, loneliness, hate, bullying, shame, guilt, anger and other so-called “negative emotions” in our world will bring people together in love and harmony. Mastery over fear can then be a reality for almost everyone.

Respect yourself and others. Respect can be defined as “not wanting (or needing) to change a hair on a person’s head,” instead accepting them exactly as they are. In a world where we all respect each other, and ourselves there is nothing to fear.

Develop empathy with others, and work with others to have empathy for even more people. Empathy is the ability to put yourself in the place of another. When we have empathy for others, especially when we do this in groups, we fill ourselves with love and caring instead of fear.

Meditate, sing, pray, enact, focus on peace and healing with groups of people who are motivated to heal and better our world with their thoughts and actions. Just as when you breathe deeply fear is dispelled, so when a group of people fills itself with song, prayer or healing, fear can find no place. Thinking BIG, working together, and holding positive thoughts all give our world and the people in it an opportunity to master fear.

If You Remember Only One Thing

Focus on Faith and Trust, for they are the opposite of fear and will replace it. If you had a written guarantee that life will work out well and you will be safe, what would you focus on and what actions would you take? Do these things each time you are aware of feeling fearful so fear will recede in every area of your life, and in every corner of the world.

About the Author



Ilene Dillon was ruled by fear until the age of 50, when she decided she'd had enough! Formerly afraid to be alone for more than a few hours, of sirens and ambulances, of standing before an audience to speak, of writing her words on paper (fear of being criticized), of taking a stand—lest she not be acceptable to others—and of not being loveable, Ilene is excited to bring you this book, which demonstrates her growth.

Ilene is author of 18 published works, has been a Professional member of the National Speakers Association (having spoken on three continents) since 1984, has taught Assertive Communication more than 20 years, has appeared on national talk television (The Rolanda Show, King World), has practiced privately as a psychotherapist in California for 36 years, and is creator/host of her own Internet radio program, Full Power Living (since 2004), on which she interviews cutting edge thinkers and leaders in order to “awaken the world to the power and importance of human emotions.”

www.emotionalpro.com

Ilene is married to California neurosurgeon Dr. Robert A. Fink, has been the single, married, step and adoptive mother to 6 (now adult) children, and is grandmother of 5. No longer afraid to speak up or take a stand, Ilene elatedly shares what she has learned about mastering Fear with you, in the hope that you will join her in Mastering Fear; and together we will make our world the better place it is designed to be.

El Sobrante, California
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A Gift For You!

Thank you for your interest in Mastering Fear. We have a free CD for you. Go to www.emotionalpro.com and click on the “99 Tips Free CD” to get your copy of our Full Power Living Program on Fear, which contains even more information you'll surely want to have as you discover how to conquer and master the fears you experience!