

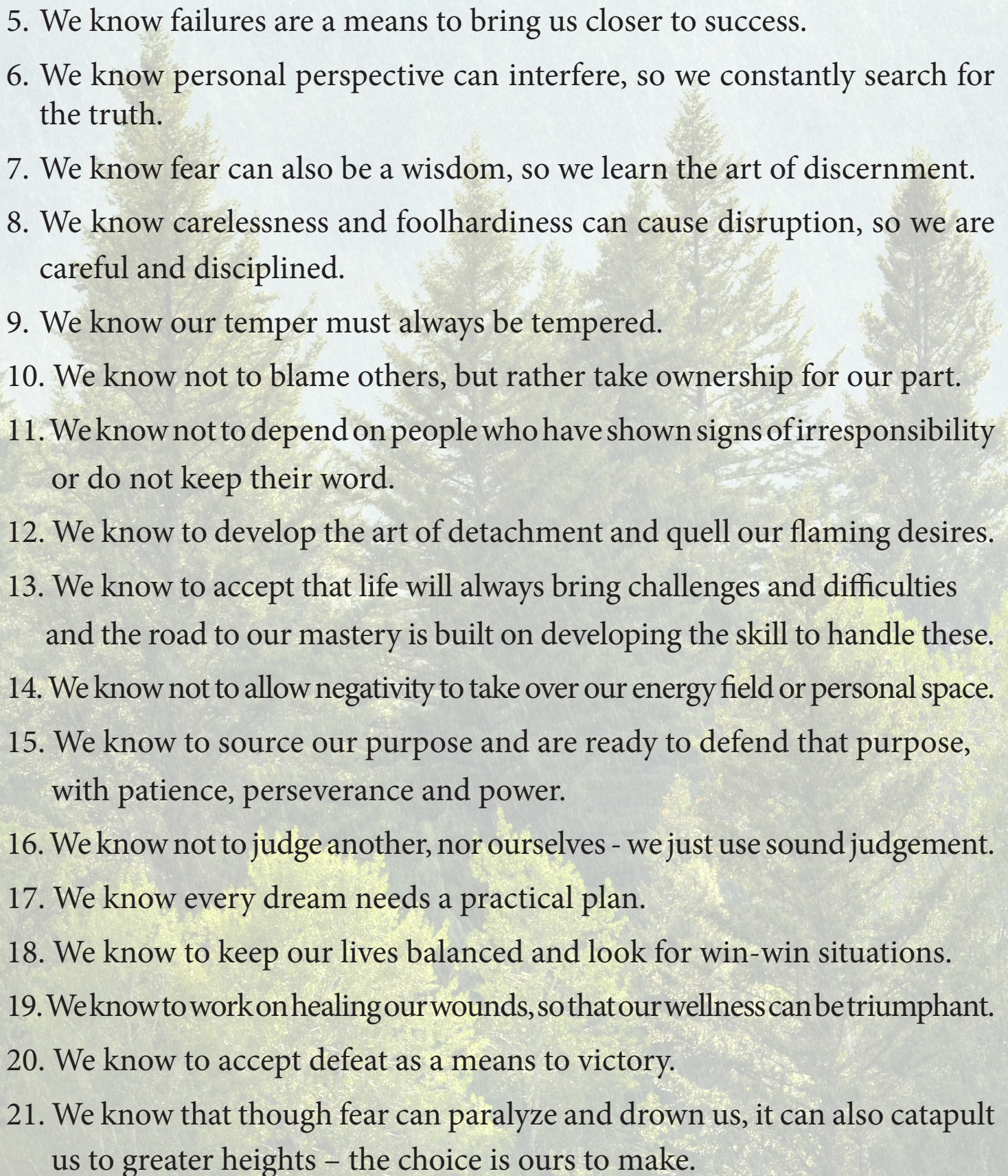
Knowing How to Manage Fear

Courage is taking complete responsibility for ourselves and our ensuing life experiences - our thoughts, words, emotions, and actions. The smallest doubt can squash the greatest of intentions. In truth, there is no room for vacillation and confusion in the heart, mind, action, and spirit of an empowered being.

By empowering ourselves, we know how to intelligently protect our own happiness and well-being. We continually strive for honesty, patience, love, connection, trust, and openness. We fight without using fists, but rather we use our heart, mind, words, and peace-exuding actions. The most foundational truth is that everything begins and ends with energy, regardless of what it is. This is why we don't fight hate with hate, or violence with violence, because the same energy used to create a problem cannot be used to solve that problem.

These are basic steps in knowing how to manage our fear

1. We know to respond to situations rather than react. The '3' rule works... wait 3 seconds, or 3 minutes, or 3 hours, or 3 days.
2. We know lack of integrity can sink our boat, so we protect our impeccability in order to stay afloat.
3. We know not to focus on the future or regret the past, but rather understand that **now** is the only timing that has relevance.
4. We know we all make errors and mistakes, but we quickly learn how to not make the **same** mistake more than once.

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5. We know failures are a means to bring us closer to success.
 6. We know personal perspective can interfere, so we constantly search for the truth.
 7. We know fear can also be a wisdom, so we learn the art of discernment.
 8. We know carelessness and foolhardiness can cause disruption, so we are careful and disciplined.
 9. We know our temper must always be tempered.
 10. We know not to blame others, but rather take ownership for our part.
 11. We know not to depend on people who have shown signs of irresponsibility or do not keep their word.
 12. We know to develop the art of detachment and quell our flaming desires.
 13. We know to accept that life will always bring challenges and difficulties and the road to our mastery is built on developing the skill to handle these.
 14. We know not to allow negativity to take over our energy field or personal space.
 15. We know to source our purpose and are ready to defend that purpose, with patience, perseverance and power.
 16. We know not to judge another, nor ourselves - we just use sound judgement.
 17. We know every dream needs a practical plan.
 18. We know to keep our lives balanced and look for win-win situations.
 19. We know to work on healing our wounds, so that our wellness can be triumphant.
 20. We know to accept defeat as a means to victory.
 21. We know that though fear can paralyze and drown us, it can also catapult us to greater heights – the choice is ours to make.

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