

Everybody has Fears. Right?

Whether you are going for a job interview, disciplining a child or an employee or making a presentation, almost everyone has that little voice that pops into their head that says things like, “You’ll mess this up!” or “You don’t have the right skills to do this.” or even “What makes you think you can do this?” Normal! These are the kinds of statements that pop into our heads and make us question our ability to be successful.

According to Glenn Croston, PhD, author of *The Real Story of Risk* more than 20 million people suffer from some form of social anxiety. He states, Dr. Signe Dayhoff has done a lot of work on helping people overcome various forms of social anxiety. The real fear is fear of being negatively evaluated in anything they do, fear of being rejected, and the fear of being abandoned.



There are ways to handle these fears whether it is within the home family, the work family or the community family. Consider:

Being Negatively Evaluated

Every day you and I will do things the way we feel it is best to do. And, someone will see us or hear us and decide this is not the best way and thus find fault with us. It is true! And, with our best intentions at heart,

it pains us. So, how should we handle this:

- ◆ Before acting on something we are not certain about take time to think it through rather than acting immediately
- ◆ Ask for solutions from others to apply to our own thinking
- ◆ Go forward knowing that some people will not see this the same way we do and decide we can live with their opinions

Fear of Being Rejected

- ◆ No matter what we do there are people who will not want to connect with us
- ◆ It can hurt – only we can decide if we are prepared and able to live with that hurt

One time I chose (remember all our actions are choices we make) to tell a very good friend how their negative attitude was affecting our relationship and how I hoped I could help her become more positive. Yes, it ended our friendship. It was painful, however, I recognized this might be the outcome before I decided to speak to this friend and my choice was it was better to try and help than sit idly by and watch my friend destroy themselves (and remember, this is in my estimation only – my friend did not see it this way).

Fear of Being Abandoned

- ◆ In a family we are rarely abandoned although it can happen
- ◆ Depending on our level in an organization it is rare we are abandoned – i.e. ostracized by others or fired
- ◆ It is important to be well rounded – have friends and co-workers in different avenues of life, thus if we are abandoned by one group we will have other groups with which we can stay connected

Fear holds us back from doing things – and no one is immune to it. Be your best, seek guidance and always, always, always pay attention to that little voice that likes to focus on the negative before ever focusing on the positive.

Be the success you know you are!



This November 11, the 100th Anniversary of Passchendaele saw us, as usual, at the local cenotaph. As the bugle played taps I was in awe – men of all ages and even young boys took off their hats in remembrance of those who gave their lives for our freedom. The military personnel saluted.

It has been a long time since I have seen men take off their caps in a motion of respect and it reminded me of the value of respecting others with small gestures – holding a door open, pulling out a chair, smiling at strangers. It is these not so grand gestures that make us a civil world – a place where we care about our neighbour and will go out of our way to make their day a little brighter. Such a small price to pay while our forefathers paid so much for the freedom we enjoy.

What signs of respect are you seeing on November 11 and every day?

QUOTE

“Live your life for you not for anyone else. Don't let the fear of being judged, rejected, or disliked stop you from being yourself.”

Sonya Parker

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