



Keep your friends close, and your enemies closer.

[Sun-tzu](#)

Chinese general & military strategist (~400 BC)

Finding Courage: Meet My Friend “Mr. Fear”

I have a very good friend. He has many aliases: Fear, Anxiety, Dread, etc. He is very colorful and pops up at the most unsuspecting times. But I didn't always see him as a friend. For a long time, I saw him as a monster, a big bully. I saw him as very manipulative. He was very skillful in keeping me away from the very thing that would loosen his ties on me.

For instance, the fear of water and drowning keeps many away from swimming lessons (which is the very thing that one could use to avoid drowning). The fear of not being a good dancer stops us from dancing (which is the very thing that makes us a good dancer).

One thing that all big bullies have in common is that they are very insecure and self-conscious. They feel very limited in their abilities. So bullies don't want you to realize that you can be, do or have anything.

Sun-Tzu (military genius 400 BC) was very wise and said “keep your friends close and your enemies closer”. So, now I treat Mr. Fear as a very close and dear friend. When I bump into him, I know he is really showing me the way to something exciting. He is indicating something that I really, really do want to do. And all I have to do is find some soothing thoughts to calm his anxiety and away I sail!

For instance: I have dabbled with writing a book on “something”. But my friend would warn, “What makes you an expert on anything? What would you write about? Who would publish you? Who would buy you? What if people don't like what you are saying?” In the past, I would avoid these conversations by not doing anything.

But now I know that is just his nature. So, I just calmly talk to him about it. I explain to him that writing a book isn't about “being an expert” on anything. It's just being willing to share your experiences and stories with others. I have already written many articles that can be woven into a book. And I am creating new experiences every moment. There's nothing limiting about the topics we can explore. And I'm not writing for everyone. I will attract readers that already “get me”. I will write for that audience. And since they already are ready for what I have to share – there's no anxiety or hassle involved. As for publishing – we have the technology for e-books. E-books take the dread out of publishing. I already

have a contact regarding publishing through e-books. I also have my website to share chapters and snippets, etc.

All of a sudden Mr. Fear has lost interest in me and is off doing something else. And I have renewed energy and purpose. Mr. Fear has done his job for now. But I know I will see him again and again. Because we never stop expanding and experimenting. It's when we're treading uncharted territory in our own development and evolution that Mr. Fear pops up. So when I see Mr. Fear, I am now actually ecstatic because it is a sign of growth within me. Since I know that I can eventually chart around any obstacle that he highlights, I look upon him as my scout or guide **toward** new adventures (instead of away from them).

Mr. Fear has become a very valuable friend, indeed.



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Warmly.

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About the author

Laura has been in the software and testing industry for over 20 years. She's worked with such companies as IBM, Eriksson, Staples, Fidelity Investments and Sogeti in various client advocacy and project management roles. The techniques she uses in her business coaching and client advocacy work saved these companies both time and money, which resulted in on-time, quality product delivery with higher client satisfaction.

Laura now uses her client focus, project, quality and people management skills in her personal life coaching career. As a personal life coach, she helps people integrate their goals and dreams into their everyday lives. Laura uses creative and practical tools to help her clients realize what really matters to them. They then follow-through with project and time management techniques to create the reality they really want.

Laura authors many articles and workshops on time management and strategic scheduling. She is also the founder of the electronic magazine *the Rose Garden: the Art of Becoming*.

Laura offers **one-on-one career and life coaching, small group coaching, seminars and workshops**. You can learn more about her at www.RoseCoaching.info and contact her at LauraRose@RoseCoaching.info

