

A hiker with a large backpack stands on a rocky peak, looking out over a vast valley. The hiker is wearing a light blue t-shirt, dark pants, and a large brown backpack. The valley below is filled with green hills, a winding river, and a small town. The sky is blue with scattered white clouds.

HOW TO  
**DOMINATE**  
YOUR FEARS  
AND PHOBIAS

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# Introduction

Have you ever encountered a similar experience such as the one below?

You and your family went out for an excursion. Everybody was excited to plunge into the cool water except you. You peeked into the lake and then backed out. The mere sight of it gave you the creeps. After a short while, you heard an explosion. You felt light-headed and your heartbeat started to go crazy. The loud sound sent the chills up to your spine. You felt the urge to run but you couldn't — your difficult breathing was in the way.

What can we do about our fears? Can we stop them? Is there a way to use them to our advantage?



This book aims to help you dominate your fears and phobias. It's time to be in control of them and use them to your advantage, and not the other way around. It's time these negative reactions stop possessing you.

Some books claim to eliminate all your fears, even your worst fears. But there are some types of fears that you must keep. Not all fears are harmful. Some can even save your life.

Deep and stubborn fears cannot be eliminated by simple techniques. You must know how to weaken them before you can dispose of them permanently.

Oftentimes, there are no easy solutions to such problems.

This book teaches you effective techniques to control and even befriend your fears. You can treat them as temporary friends rather than permanent enemies and tormentors. Turn them into allies rather than captors. Then, when you have mastered the ability to conquer them, you can easily kiss them good-bye.

Radical solutions to embedded problems require radical attitudes and mindsets, which in turn require radical changes. Thus, you must be willing to change radically before you can start using your fears and phobias to work for you, while eventually getting rid of them. Carefully follow the mental and emotional exercises in this book for effective results.

# Chapter 1: Fears And Phobias

When you think that some things, people, or places can produce undesirable consequences when you are near them, that's the result of fear. When you think that some things, people, or places can do things that can result in major harm, pain, or even death to you when you are near them, that's the effect of phobia. Fear can produce an overly self-protective and cautious individual, while extreme phobia can entail feelings of death.

Phobia has an element of fear. Fear per se is not phobia, but it can lead to phobia if it worsens. Unchecked fear, when fed with more imagined dangers, may soon turn into phobia. Most phobias are extreme fears.



Some phobias can haunt us as long as we allow them. Their power over us is entirely dependent on our capacity to handle them. We can give them the power to dictate what is dangerous for us, or we can dominate them to our advantage.

## The Role of Fear

Fear is really designed to warn you. It is your biological security alarm to keep you from treading unknown territory unprepared. If you re-discover the true role of fear in your life, you would find it a real friend in times of danger.

Fear is not meant to forbid you. It means to warn you for early preparation. Fear tells you to think twice before you launch into an adventure. It gives you time or another chance to prepare so that you can be better equipped the next time around. This is the correct perspective on fear.

For instance, the Bible is replete with warnings for the Jews to fear God. This was not to stop them from going to God. The fear was to make them extra careful about approaching a holy God.

Children are also trained to fear their parents, especially the father in a patriarchal setting. This is not to stop them from approaching their parents, but to keep the kids disciplined, in order to please the parents.

A trained dog fears his master so much, and yet it fondly approaches him with excitement. The master is delighted by a trained dog's correct behavior.

### Types of Fears

All types of fears have the element of a stern warning: the "think twice" principle. Healthy fear makes you carefully prepared for a try, but alarming and debilitating fears make you stay out of it all. In the sense of making you prepare carefully, healthy fear is an optimistic feeling, while alarming and debilitating fears are pessimistic. Healthy fear instills wisdom and respect, while alarming and debilitating fears result in tyranny.



#### 1. Healthy Fear

You fear someone you highly respect. In this sense, fear is a byproduct of wisdom and high esteem. You don't fear the person because you are afraid of him. You fear him because he excites admiration and reverence. You fear the president of your country, for instance, because he is a figure of power and authority. You dare not offend the president, yet you like to meet him personally. You appear your best when he is around, carefully shake his hand, and make sure that you say only nice things. Then you tell everybody the honor of being able to meet the president personally. This fear has a way of bringing out the best in you. Fear, in this sense, is actually awe or wonder.

In the same sense, a young man who has romantic feelings for a young woman may have some kind of fear whenever he approaches her, more so when he faces her parents. But this fear doesn't stop him from pursuing his good intentions for her. Likewise, an employee, even without having committed an offense, may fear his boss. Yet, he keeps reporting for work everyday. Job applicants also experience the same with their interviewer. Just the same, they go ahead with the interview. School children often fear their teachers and principals (oftentimes even more than their parents), but these students enjoy school. It is said that children treat school as a second home, and teachers as their second parents. Healthy fear births respect and propriety in relationships.