

# Inspirational Insight

## Fear or Excitement - You Decide

The other day a friend was asking me how I felt about going in to hospital for a minor operation. I answered truthfully and said. "You know it is quite strange, I was actually quite excited about it." Then, I noticed what I had said. I thought about it and realized why I had felt excited.

A few years ago I suffered with panic attacks. I was determined that they would not ruin my life. I read as much as I could to learn how I could control them. I learnt that all the emotions and feelings we experience in our bodies we have named. Some examples of this are: - butterflies in our tummy, increased heart rate and shallow breathing which most of us label as fear. What can you do if the feeling that you call fear happens when there is nothing to fear? I learnt to rename the sensation excitement. Then every time I felt anything that I had previously associated with fear I repeated over and over in my head, "This feeling is excitement. I am excited." I practiced the technique as often as I could.

What an amazing difference it has made to my life. Situations that previously got my heart pounding and scared me still get my heart pounding but now they excite me. I no longer suffer with panic attacks. I now face situations I would have previously avoided with a positive and confident attitude.

### **Action:-**

Try the technique for yourself. If you begin to get butterflies in your tummy just tell yourself that what you are feeling is excitement. You will soon find your confidence increase.

**Life Coaching assists you to make positive changes in your life.**

**If you want to change any aspect of your life call me to find out how I can help you achieve results quickly.**

**DO YOU WANT AN INSPIRED LIFE?**

**Caroline Hart – Life Coach**