

Showing Up When Fear Tells You To Stay Home

Picture this: You are about to step out of your comfort zone, ready to embark on a new adventure, or take a challenge head-on. But then fear creeps in, whispering doubts and cautionary tales in your ear. It tells you to stay home, to stick to what you know, and avoid the unknown.

Fear is a natural response designed to protect us from harm, but sometimes it can hold us back from experiencing growth and success. It creates a barrier between where we are now and where we want to be.

In this article, we delve deep into the concept of showing up even when fear tries to pull us back. We will explore strategies to overcome fear and practical tips to confront it head-on. So, buckle up and get ready to explore the limitless possibilities that await you outside your comfort zone!



I Almost Cancelled: Showing Up When Fear Tells You to Stay Home by Jessica Bettencourt (Kindle Edition)

★★★★☆ 4.6 out of 5

| | |
|----------------------|-------------|
| Language | : English |
| File size | : 2395 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 194 pages |
| Lending | : Enabled |



The Power of Vulnerability

Before we dive into conquering fear, it's important to understand the power of vulnerability. Showing up and confronting fear means allowing ourselves to be vulnerable. Brene Brown, a renowned researcher and speaker, defines vulnerability as "uncertainty, risk, and emotional exposure."

When we step into the unknown, we expose ourselves to uncertainty and risk. We open ourselves up to the possibility of failure, rejection, or disappointment. However, it is within these vulnerable moments that transformation and growth occur. It is here that we find our true strength and resilience.

The Science Behind Fear

Fear is an instinctual response that dates back to our primal brain, often referred to as the "fight or flight" response. When faced with a perceived threat, our brain releases stress hormones, such as adrenaline and cortisol, preparing us to either confront the threat or flee from it.

While this response is crucial for immediate physical danger, our primal brain cannot distinguish between real threats and perceived threats, such as stepping outside our comfort zone. The same fear response is triggered, even though there is no imminent physical danger.

Understanding the science behind fear helps us realize that it is a physiological response that can be managed and controlled. By recognizing fear as a natural reaction, we can learn to face it head-on and not let it dictate our actions.

Strategies to Overcome Fear

Now that we have dived into the origins of fear, it's time to explore strategies to overcome it. Here are some practical tips to help you show up when fear tells you

to stay home:

1. Acknowledge and Name Your Fear

Identifying and acknowledging your fears is the first step towards conquering them. Be honest with yourself and name your fears. Write them down if it helps clarify your thoughts. By acknowledging and articulating your fears, they become less overwhelming and more manageable.

2. Challenge Your Thoughts

Fear often feeds on negative thoughts and irrational beliefs. Challenge these thoughts by questioning their validity. Ask yourself if these thoughts are based on facts or simply products of your imagination. Replace irrational beliefs with positive affirmations and empowering statements.

3. Take Small Steps

Instead of diving headfirst into the unknown, take small steps towards your goals. Break down your big ambitions into smaller, more manageable tasks. This allows you to gradually confront your fears and build confidence along the way.

4. Surround Yourself with Support

Having a strong support system can make a world of difference when facing fear. Surround yourself with positive and encouraging individuals who believe in you and your abilities. Their support will boost your confidence and provide the necessary reassurance when fear tries to hold you back.

5. Visualize Success

Visualization is a powerful technique that can help overcome fear. Close your eyes and imagine yourself successfully navigating through the challenges that fear presents. Visualize the positive outcomes and how achieving your goals will

make you feel. This exercise helps rewire your brain and creates a sense of belief in your abilities.

Fear is a natural instinct that often holds us back from reaching our full potential. However, by understanding the power of vulnerability and the science behind fear, we can conquer it. By employing strategies such as acknowledging and naming our fears, challenging negative thoughts, taking small steps, surrounding ourselves with support, and visualizing success, we can show up even when fear tries to keep us at home.

Remember, growth and success happen outside our comfort zones. Embrace vulnerability, confront your fears, and watch as you evolve into the best version of yourself. So, the next time fear tries to hold you back, take a deep breath and show up, because greatness awaits you on the other side!



I Almost Cancelled: Showing Up When Fear Tells You to Stay Home by Jessica Bettencourt (Kindle Edition)

★★★★☆ 4.6 out of 5

| | |
|----------------------|-------------|
| Language | : English |
| File size | : 2395 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 194 pages |
| Lending | : Enabled |



“Challenging . . . Encouraging . . . Inspiring.” —Kim Singletary, Wife of NFL Hall-of-Famer Mike Singletary and Cohost of Family Tip Fridays

How to wipe out self-doubt and step out with confidence

There has to be more. Something inside you knows there is. Then you second guess everything.

What if I ask for what I want . . . and the answer is no?

What if I try something new . . . and end up making a fool of myself?

Am I selfish? Should I just be happy with what I have?

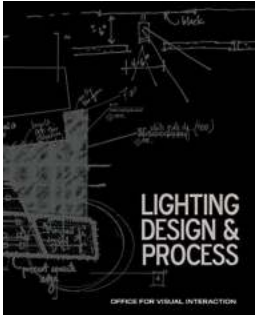
Am I living the life God intended for me?

Jessica Bettencourt knows what it's like to face rejection, feel like she doesn't belong, and second-guess big decisions. But she also knows that we have to face fear and risk failure to live out our calling.

Raised in Tennessee, she was exposed to financial insecurity and hardships at an early age. She attended six different elementary schools before the age of ten, was on her own financially at eighteen and attended seven colleges to earn her bachelor's degree. But through self-belief, grit, and persistent action when fear told her to stay home, Jessica continued to show up. She has become a two-time multi-million-dollar entrepreneur, an empowering speaker, and a sought-after coach. She has inspired tens of thousands to embrace their God-given gifts, push their fears aside, and take the next step towards a better future . . . and the next one!

In *I Almost Cancelled*, Jessica shares how one scary decision after another led to a life she couldn't even imagine. Her storytelling and southern charm will have you laughing at times and crying at others. She shows you step by step how to overcome self-doubt and build the life you've always wanted—not the life others

tell you to want. She dispels the myth of goals, shows how to embrace imbalance over the much sought-after work-life balance, teaches mindset over skill set, and explains why obstacles are always opportunities. The book lays a clear path to get out of your own head and show up for the next chapter of life, whether that's getting back into the workforce, improving your health, starting a business, adopting a child, or serving your community.



The Ultimate Guide on Lighting Design Process Akatsuki: Igniting Spaces with Brilliance

The world of lighting design holds immense power in transforming everyday spaces into extraordinary environments that captivate and inspire. One name that has been...



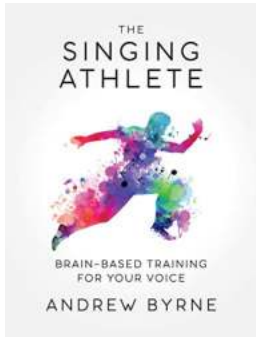
The Ultimate First Time Mom Breastfeeding Handbook: Everything You Need to Know!

As a first-time mom, navigating the world of breastfeeding can be both exciting and overwhelming. However, with the right knowledge and guidance, you can embark on this...



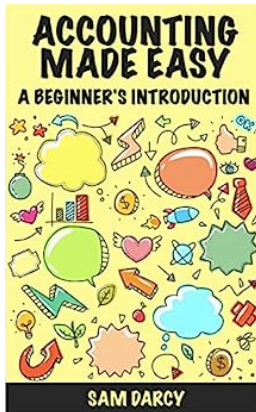
Showing Up When Fear Tells You To Stay Home

Picture this: You are about to step out of your comfort zone, ready to embark on a new adventure, or take a challenge head-on. But then fear creeps in, whispering doubts and...



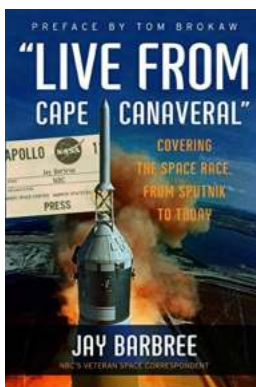
Unlock Your Vocal Potential: Discover the Power of Brain Based Training For Your Voice

Welcome to a world where science meets music, where brain-based training can revolutionize your journey to vocal excellence. Whether you are an aspiring singer, a public...



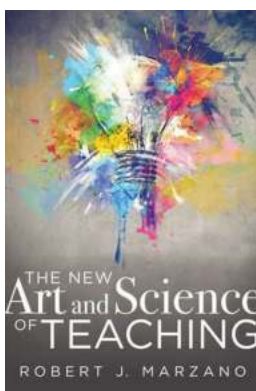
Accounting Made Easy: A Beginner's Introduction

Are you new to the world of accounting? Does the mention of financial statements and balance sheets confuse you? Don't worry, you are not alone! Accounting may seem...



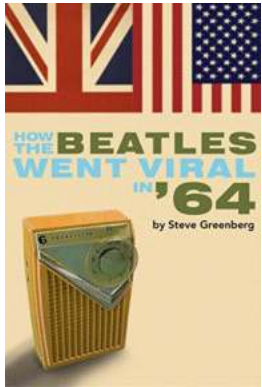
Covering The Space Race From Sputnik To Today

The Space Race, a remarkable chapter in human history that began with the launch of the Soviet satellite Sputnik in 1957, continues to captivate our imaginations. This...



Unlocking Academic Success: Over Fifty Innovative Instructional Strategies

Are you a student looking to enhance your academic performance or an educator seeking to revitalize your teaching methods? Look no further, as we unveil a treasure trove of...



How The Beatles Went Viral In 64

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Sed pretium hendrerit lectus id tristique. Curabitur condimentum, libero a viverra venenatis, sem elit...