

DISCOVER 5 WAYS

# Fear is Blocking Your Joy

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REDISCOVER YOUR JOY!

## 5 Ways Fear is Blocking Your Joy

Therapists say, coming to grips with our fears is **the first step to living a healthy, successful life**. Once we understand these emotions, we can face them head-on.

The problem is...while our comfort zones tend to be cozy, safe, and convenient, they can also be toxic, dangerous and physically, mentally and/or spiritually draining. Either way, we tend to stay right where we are, wallowing in what we know...and letting our fears get away with the best of us.

Then, by sticking to only what we know—day in and day out—our life starts to become smaller and smaller.

Now...let's just pause here for a sec.

I bet some of you could physically feel that sentence, maybe even had to stop and kinda catch your breath a little, huh? Oh, I remember. Feel what you need to feel, girl.

Cuz, one day, you are going to wake up and realize you've become someone who always worries, frowns, gets annoyed by little things and just starts snapping at folks...generally the ones you love you best.

Ya'll, ultimately, that anxiety becomes chronic stress, which becomes crying in the shower, which quickly passes "carbs are my best friend" to full blown "where's my blanky" depression. At the end of the day, staying in our comfort zone can actually bring about our downfall.

Here, I've rounded up five ways that fear can and probably already is interfering with you living a life full of JOY and FREEDOM.

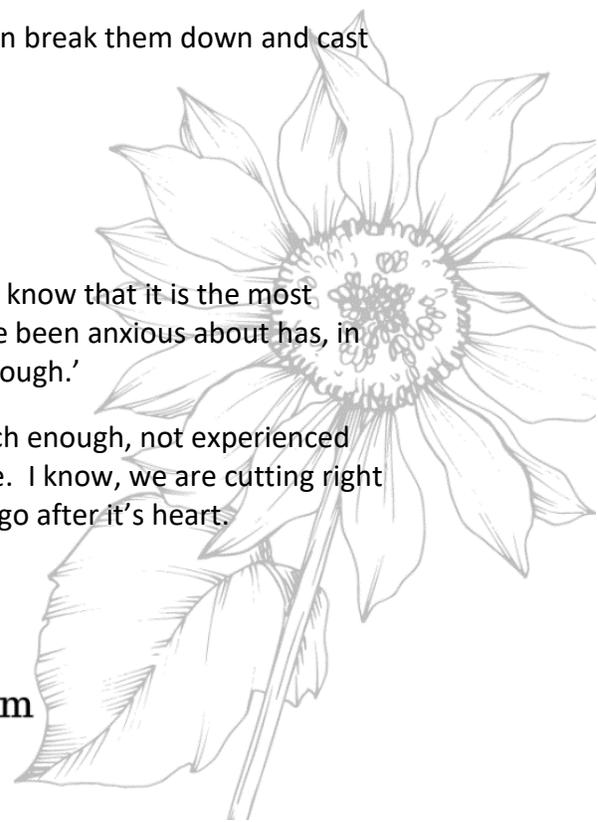
Once we identify what they are, then and only then, can we begin break them down and cast them aside for a life by our design. Ready, set?

### Number 1 - Fear of Not Being Enough

Now, we all probably know this one pretty well already. Did you know that it is the most common fear on the planet? Almost every single situation you've been anxious about has, in one form or another, centered around your fear of not being 'enough.'

Not skilled enough, not pretty enough, not smart enough, not rich enough, not experienced enough—you name it. So, this is the first thing we have to tackle. I know, we are cutting right to the core here girl. You wanna slay the fear dragon, you gotta go after it's heart.

How do we do that?



We gotta start by acknowledging its existence in our life. Be honest about our feelings and recognize that everyone feels the same at one point or another. Nobody likes feeling vulnerable and putting themselves out there, including me. I've just been given the opportunity to share my truth and pray it can prevent you from some of the pitfalls keeping you from moving swiftly into your joy-filled life.

Weird thing is, 9/10 times when you do put yourself out there, you end up with far better results than had we never taken the risk at all...plus, you might just get the bonus of a little shot of self-confidence.

Misses, you have skills that other people could only dream to have, and vice versa. Take pride in your story...I like to say "Rock your brew" ...because it's what makes you uniquely and pricelessly *you*.

We also need to remind ourselves that we can't control what other people say about us or how they feel BUT you can control your reaction to it. Don't you give them that power over you, you are working way too hard to get back on your own two emotional feet here.

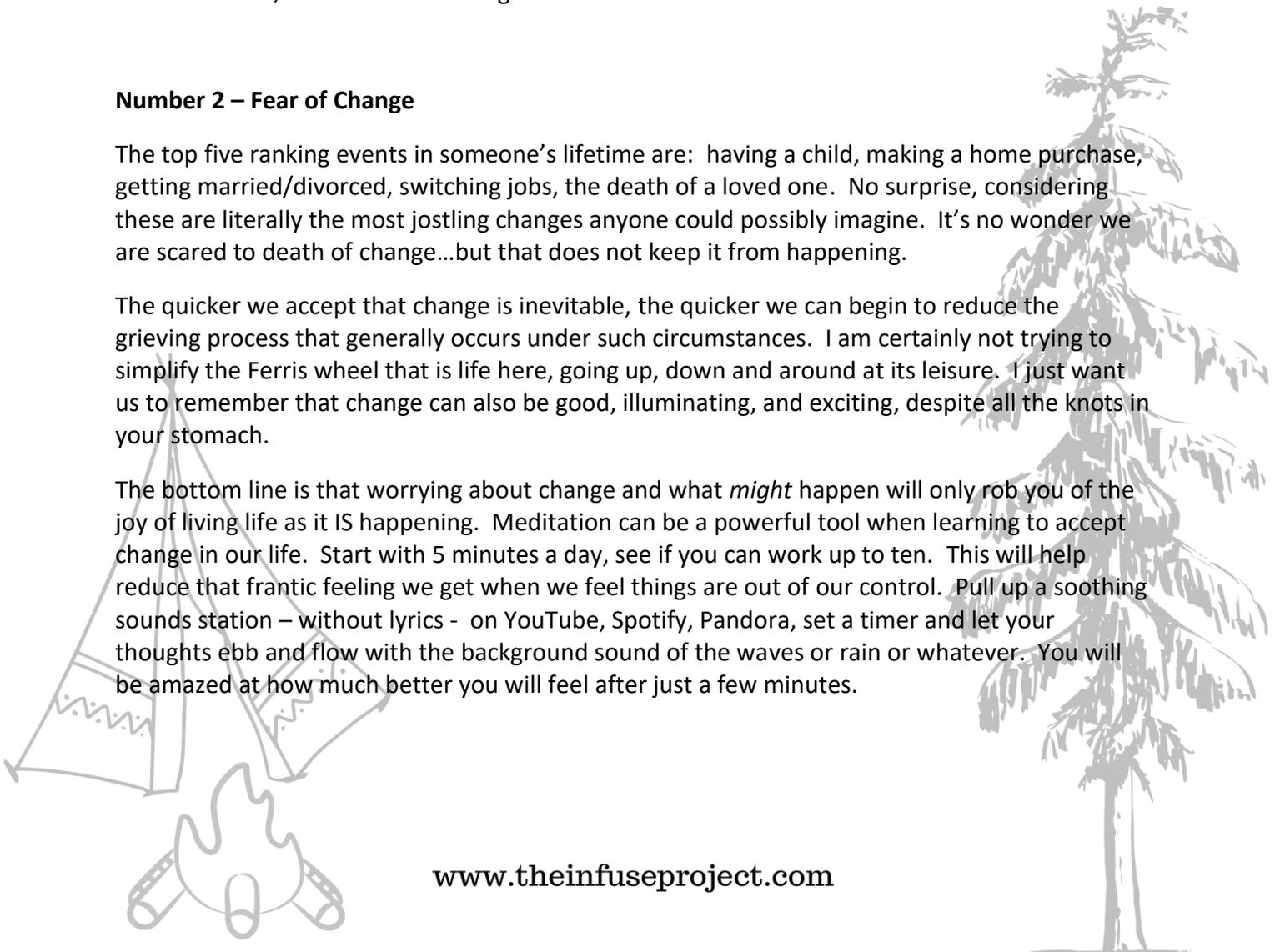
Don't let this fear of inadequacy control your life. Instead, use it to spice your story. Let it bring a little wisdom, resilience and strength to the table.

## Number 2 – Fear of Change

The top five ranking events in someone's lifetime are: having a child, making a home purchase, getting married/divorced, switching jobs, the death of a loved one. No surprise, considering these are literally the most jostling changes anyone could possibly imagine. It's no wonder we are scared to death of change...but that does not keep it from happening.

The quicker we accept that change is inevitable, the quicker we can begin to reduce the grieving process that generally occurs under such circumstances. I am certainly not trying to simplify the Ferris wheel that is life here, going up, down and around at its leisure. I just want us to remember that change can also be good, illuminating, and exciting, despite all the knots in your stomach.

The bottom line is that worrying about change and what *might* happen will only rob you of the joy of living life as it IS happening. Meditation can be a powerful tool when learning to accept change in our life. Start with 5 minutes a day, see if you can work up to ten. This will help reduce that frantic feeling we get when we feel things are out of our control. Pull up a soothing sounds station – without lyrics - on YouTube, Spotify, Pandora, set a timer and let your thoughts ebb and flow with the background sound of the waves or rain or whatever. You will be amazed at how much better you will feel after just a few minutes.



### Number 3 - Fear of Failure

How many of us planned the perfect wedding to the exact detail before we even got our first boyfriend? Or how long have we secretly been planning the launch of our side gig from the shadows? Or sent in the resume for our dream job, literally only while we were sleeping.

Admittedly, things don't always go as planned. Frankly, that is probably what brought us all here to this place right now, but we can't let the fear of falling keep us from flying! If we aren't trying, we're dying. Hurry up and fail so you can try again, a different way, somewhere new, with someone new, doing something new...

Let's identify the things we *DO* have control over and direct our attention toward them. Recognize all the good going on in your life, no matter how small you may think it is.

Then, go 'head girl, take the risk of pitching your idea to your boss or trying out a new class or calling that new boy. If it doesn't go the way you planned...Congratulations, you are one step closer to success! As Richard Branson says, *"Don't be embarrassed by your failures, learn from them and start again."*

### Number 4 - Fear of Loneliness

We need to take a good, hard look at this fear, misses. Grab a journal or phone a friend, either way, we have got to work this one o-u-t. You cannot leave this feeling trapped in your mind where it can grow way out of proportion. That's where it starts to manifest and transform into something 100 times worse than it actually is.

If you're in a relationship, it can be quite easy to lose yourself in your partner's world. You care for that person, and you want to be there for them in every way you can, but many times, this means we slowly let go of who we are to keep the relationship going.

If you feel like you're not being true to your values, likes, and dislikes, perhaps it's time to take a step back...not necessarily from the relationship all together (although for some people, this may be a real option), but perhaps just begin scheduling some "alone time" to do the things that make your heart flutter.

Fear of loneliness can be scary, but we know you've made it on your own through countless difficult situations, you can make through this to. Try a coloring book, it's a trick I use to combat the lonely moments.

Once you realize you can overcome these fears, life will begin to bring you joy again. Even if that means you are spending more time alone or are no longer in a relationship at all. Never lose faith in your abilities and in who you are as an individual...you're pretty awesome, all by yourself.



## Number 5 - Fear of Rejection

Owie, this one stung just typing it. Sometimes (I mean 99.9% of the time) we worry we might still get rejected. Yes, rejection is a part of life. There's no escaping it or running away from it, just best to learn how to cope and move on.

BUT...when you feel that ugly little prickly fear of rejection starts to gnaw at your insides, remember J.K. Rowling. Her Harry Potter manuscript got rejected 12 times before one publisher took pity on her. Keep going, you just haven't found your "one" yet...one job, one calling, one man, one pet...never give up on your dream girl.

When embarking on a new chapter in your life and feeling worried about rejection, here are a few tips to get you through the moment:

- It is ok to feel hurt
- Learn to practice [self-care](#)
- Know your worth
- Remind yourself...this is only a blip on the screen, not the whole movie
- Spend time with people who lift you up
- Write out some affirmations and fill your own cup

## THEN...

Jump on over to [The Infuse Project](#) and join The Heifer Squad. There, we learn how to:

- Use "The Fab Five" to tackle life's daily challenges
- Live authentically and rock our unique brew
- Pivot from our losses
- AND...Reclaim Our Joy!!

