

Want to help be the solution, instead of the cause, of rampant and crippling fear and anxiety disorders in yourself and others? Then the best thing you can do is change your language around Fear.

**You do this by committing to: No more *Fear Shaming!* Toward yourself, or others.**

*Fear Shaming* is whenever we send a message to ourselves or each other that it's not ok to feel fear. When you do that, you set in motion the cause of a lot of trouble, by prompting the repression of Fear.

Here then, is a list of what to say and what not to say, when fear shows up in you or others.

If someone says, "I feel afraid," do not say in response, "there's nothing to be afraid of," or "you need to let that go." Instead, ask or say one of the following:

- Good. Fear is important.
- Tell me more. What's going on such that you feel afraid?
- What does it feel like to be afraid?
- Okay. Your job is to be afraid right now.
- Do you need anything from me?
- Let me know when it passes.

When you're afraid, and someone tries to *Fear Shame* you, try one of the following responses:

- Please don't try to talk me out of feeling my Fear (Sadness or Anger). Let me enjoy it.
- Please don't try to rush me through my emotions. They're here for a reason.
- Please stop asking me to repress my feelings to make you feel more comfortable. Let me have my experience.

More words:

If you're used to saying to others:	Change to:
Don't be afraid.	What does it feel like to be afraid?
There's nothing to be afraid of.	This world is a scary place, isn't it?
Don't let Fear control your life.	Don't let the avoidance of Fear control your life.
Drop your Fear.	Embrace your Fear.
Leave your fears behind.	Bring your fears with you and they will be helpful.
Push through your Fear.	Merge with your Fear.
Don't feed your Fear.	Don't resist your Fear.

If you're used to saying to yourself:	Change to:
I don't want to feel afraid.	I am willing to be afraid.
I overcame Fear.	I overcame the situation.
Let it go.	Let it be.
I won't let Fear hold me back.	I won't hold myself back by being unwilling to feel Fear.
Do it despite the Fear.	Do it because of the Fear.
Feel the Fear and do it anyway.	Feel the Fear and do it. (Anyway is disrespectful to fear.)
I'm not afraid.	I am afraid, but am pretending not to be.
It is what it is.	I'm scared, but I feel powerless to change it.
Negative vs. positive Fear	There's no such thing; there's only Fear.
No Fear	Yes Fear
There is nothing to Fear.	There is much to Fear.
Fear is a hindrance.	Fear is an asset and ally.
Fear must be conquered.	Fear must be savored.
Faith over Fear.	Faith and Fear are equal.
Fear is a prison.	Fear is in prison.
Fear is a liar.	I am a liar; I'm not living my truth.
Fear shrinks us.	Fear expands us.
Fear limits us.	Embrace Fear, you become limitless.
False Evidence Appearing Real	Fabulous Effective Advice Revealed
Adrenaline addict	Fear Addict