

Difficulty 5/5

The most challenging task is to face our fears. Not everybody is ready for this. However, entering our shadow personality, and working in the unknown, in constant fear and danger, has significant transformative benefits.

What we fear is different for everybody. Most people fear dying, but this is by far not the biggest fear in the world. According to the Chapman University Survey of America's top fears, fear of dying is only about 50th on the list, and people have much more fear of public speaking, reptiles, terrorism, nuclear war, pollution, cyber-attack, and credit card fraud than of dying. Some people are terrified of spiders, or birds, or heights, or even tiny holes. To quote from Orwell's famous book, *1984*, "Everybody has a fear."

Fear is usually associated with some form of disgust, and many people do not even want to speak about the object of their fear, let alone mentioning working on it. But fears can be tamed. People with a fear of heights can get used to heights, and public speaking skill is also something which can be significantly improved. With practice, and a lot of patience, fear can be replaced by joy.

What is the benefit of this goal? Overcoming a fear is like discovering a completely new realm of opportunities. Fear usually blocks a part of your personality from your consciousness. All the treasures, knowledge, joy, fun, and understanding that are behind that heavy door, lie in darkness, and are hermetically sealed from you. What is going on behind that door is part of your shadow personality. It's all those things which may unconsciously control your life without your even knowing about it. These things might originate from real tragic events or not, but in any case, they determine your life in a way you might not even be aware of. Not everybody might see a big advantage in avoiding spiders, but the fear of family, children, or communication can very negatively impact everybody's life, and it's worth it to examine those barriers in order to overcome resistance.

Fear can also signal a territory which may be related to your life goal. Your biggest fear can be what is hiding your true mission. Many people take an opposite course in the second part of their lives to the one they took in the first. Often, the shy people, the ones you never heard from in grammar school, are the ones who become successful entrepreneurs; while the ones who were the leaders of the peer group, end up in working shopping centers, or factories (though there is nothing wrong with that if it is part of the plan). People born in ghettos, where they fear for their lives every day, become famous martial artists, or boxers. The list of those people who've converted their fear into their mission is endless. Maybe it takes a lifetime, but it is worth it.

Picking a fear and working on it is an extremely difficult task. You cannot rush the process, because if you move too fast, it can have the opposite effect, and you can deter yourself forever. The process of overcoming a fear, though, yields enormous benefits, and usually much more than you can rationally grasp. Make a list of your top 5 fears, analyze them, try to shed some light on them and why you fear them, and start to face up to one of them today. Define your priorities, and your action plan. It is not a problem if you do not take action on the first day. It's important to make progress gradually, and

remember that by reading a book at home in your comfortable room, you will never overcome the fear. At some point, you have to move out of your comfort zone. It will surely be painful and uncomfortable, but you will know why you are doing it, and that goal must be in front of you the whole time you are making the journey.

Whenever you are ready, or even better, a little bit before that, you can choose this goal, measure your adherence to your expectations, and follow up your progress with CHS test®. Just simply add to your emotional goals that of picking a fear to work on. If you do not meet your own predefined expectations, and a day passes and you did not do anything to conquer your fear, then you should give yourself lower percentages for this goal. After you complete the test, you will receive an evaluation with practical guidance which will also show the connection between your goals, your consciousness, your happiness, and your self-confidence. A conscious life, including consciously choosing your habits, will lead you to a better life quality.