

## Overcoming Fear - AWARE technique



This technique is called AWARE and we use the letters as reminders of the steps to take in order to reduce our fear:

**A**

### "Accept The Anxiety"

Tell yourself that this is ok and you will just go with the flow of the experience. Fighting the anxiety, getting scared or angry will simply fuel the fire. Simply don't try to fight it.

**W**

### "Watch The Anxiety"

Try to think of yourself as an observer, take a step to the side to simply observe what is happening without judging it to be good or bad. Keep remembering that you as a person are much more than just your anxiety. Just watch it and when you notice it, scale your level of fear.

**A**

### "Act Normal"

Please continue doing what you are doing and just behave as normally as you can. Breathe normally with focus on making the out breath longer. If you try to run or flee from the situation you are making things worse. Yes, your immediate anxiety will of course decrease but this behavior can lead to an increase in future anxiety.

**R**

### "Repeat The Steps"

Simply continue to accept your anxiety, watch it, scale it and act normal. Repeat the above steps for as long as necessary.

**E**

### "Expect The Best"

What you fear may never happen! One of the greatest feelings in life is the realization that you can control fear much more than you thought possible.

Finally, keep in mind that everyone experiences panic and anxiety every so often and that is normal. Overcoming fear and anxiety will give you the 'spare capacity' in life to focus on what you really want to be and do.

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