

Courage and Resilience

Why should you try it?

We all experience fear. Some types of fear are useful and necessary. But other types are less rational and hold us back in life. Fear of public speaking, fear of heights, and fear of taking a risk are a few more common ones. Research suggests that a more effective way to combat fear is to do the thing you least want to do. Face your fear head-on, but do it one step at a time, in a healthy and safe way. This strategy can help retrain your brain to develop a more positive association with whatever has been triggering your fear. Confronting your fears also increases your self-confidence and show you that you're capable of doing what might once have seemed impossible. Facing your fears can be liberating and transformative. Our fears can be grounded in how we perceive an individual or experience. By learning how to have the courage to take different perspectives and look at our fears through a different time frame lens, we can increase our courage.

How do you do it?

1. Think of a time in the last month when you experienced fear. Ask yourself these four questions
 - a. How did the fear I felt change my decision, reaction, or behavior?
 - b. How will you feel about this moment of fear and how you reacted 10 minutes from now?
 - c. How will you feel about this moment of fear and how you reacted 10 months from now?
 - d. How will you feel about this trigger and how you reacted 10 years from now.

Debrief:

1. What came to mind when you tested your fear against the different time frames?
2. How does a time perspective change our view of the fear we have.

Why it works

1. The three-time frames experience provides a way of forcing us to get both distance and a different perspective on our decisions and reactions from fear. It helps us overcome the emotion of the moment. It helps us gain perspective on the trigger and level the emotional playing field. What we may be feeling in the moment is intense and sharp, our emotions are in the spotlight, and this forces us to shift the spotlight into the future. Now, this 10/10/10 analysis doesn't presuppose that the long-term perspective is the right one. It simply ensures that short-term emotion isn't the only voice at the table we listen to. At times our brains mistakenly send fear signals even when there is no real danger, based on past experiences.

