

Learning From Fear

Fear is a distressing emotion aroused by impending danger, whether the perceived threat is real or imagined.

In some settings an unspoken, unidentifiable shroud of fear envelops the entire organization. Fear caused by the uncertain economic environment or the personal angst of dealing with constant change is natural and inevitable. The most common unhelpful responses to fear are to avoid the situation, assign blame to another or focus on the negative.

Fear is not your enemy. It may be a compass pointing to an area of growth. The practice of confronting your fears, taking risks and being willing to be uncomfortable with new experiences helps reduce distressing emotions and summon courage.

Confront personal fears by asking yourself “what am I afraid of” or “what is the worst thing that can happen” by asking instead “what is the best that can happen,” positive goals to work toward become clearer. Taking action builds confidence. Courageous people are still afraid but do not let fear paralyze them.

Even if you’re not one who gets anxious or afraid, someone you work or live with could be making your life difficult. Talking with an EASE counselor about these issues is available by calling 800-882-1341.



“Strength is the courage...to reach out!”