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Fear: The Sneaky Culprit Keeping You Stuck & How to Break Free


Presented by Allison Niebes-Davis, Founder of dr. allison & associates

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Fear: The Sneaky Culprit Keeping You Stuck & How to Break Free

Allison Niebes-Davis, PhD



10 years ago, I realized fear was controlling my life

- As a psychologist, I talked about anxiety daily, but I missed it in myself
- I got serious about understanding the sneaky ways that fear pops up in our lives
- Fear can be paralyzing; getting familiar with fear is key to forward progress



I want to speak at a
conference

I want different
responsibilities at work


I want to get better at
cooking

**We all have things we feel “stuck”
about; what’s yours?**

**Are there areas where you’re hoping for forward
progress but just aren’t getting it?**

I want to rehab an old
motorcycle

I want to backpack
through South America



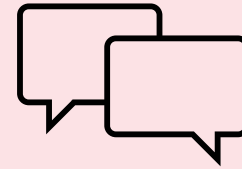
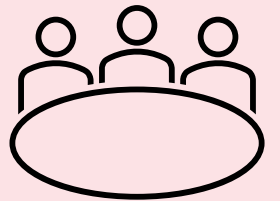
Fear is an alarm system

- At one point, fear helped us identify and respond to danger
- Our lives have evolved, but the alarm system has not
- Today, we often mistake discomfort for danger

When feeling fear, we often confuse danger and discomfort

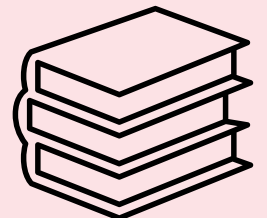
Danger or discomfort?

Conflicting opinions
in a work meeting




Tough conversation
with your partner

Learning a new
language





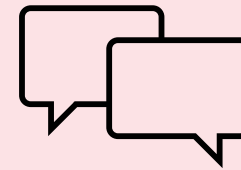
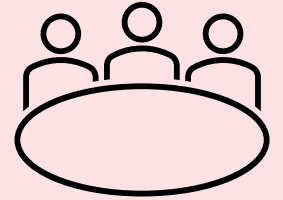
**When fear pops up, ask
yourself “is it danger or
is it discomfort?”**



**With
discomfort, we
feel the fear,
and do it
anyway**

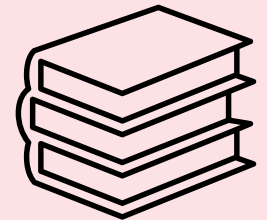
Courage involves doing stuff scared

Conflicting opinions
in a work meeting



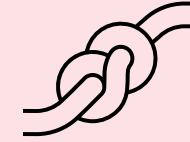
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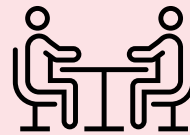





**Think of courage as
a muscle**



The power of “and”



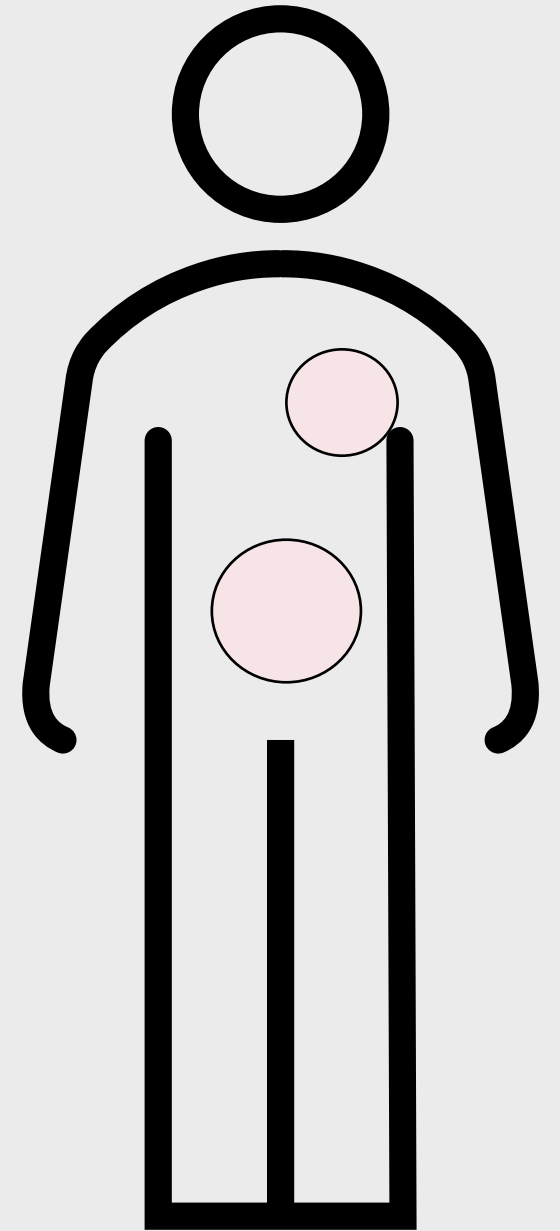
**Creating of culture
of courage**




Courage is a muscle; the more you practice, the stronger it gets

- Courage isn't a personality trait – **it's a skill**
- Think small – **daily reps of courage**
- **Courage in one area translates to courage in others**

**Where does
discomfort register
in your body?**





Our words are powerful; utilize the power of “and”

A statement is not encouraging if it doesn't include validation

“You can do this”


“This is hard **and** you can do this”

“You’re capable”

“This is uncomfortable **and** you’re capable”


“I’m here to help”

“This is outside of what you normally do **and** I’m here to help”



Acknowledge the fear + offer encouragement

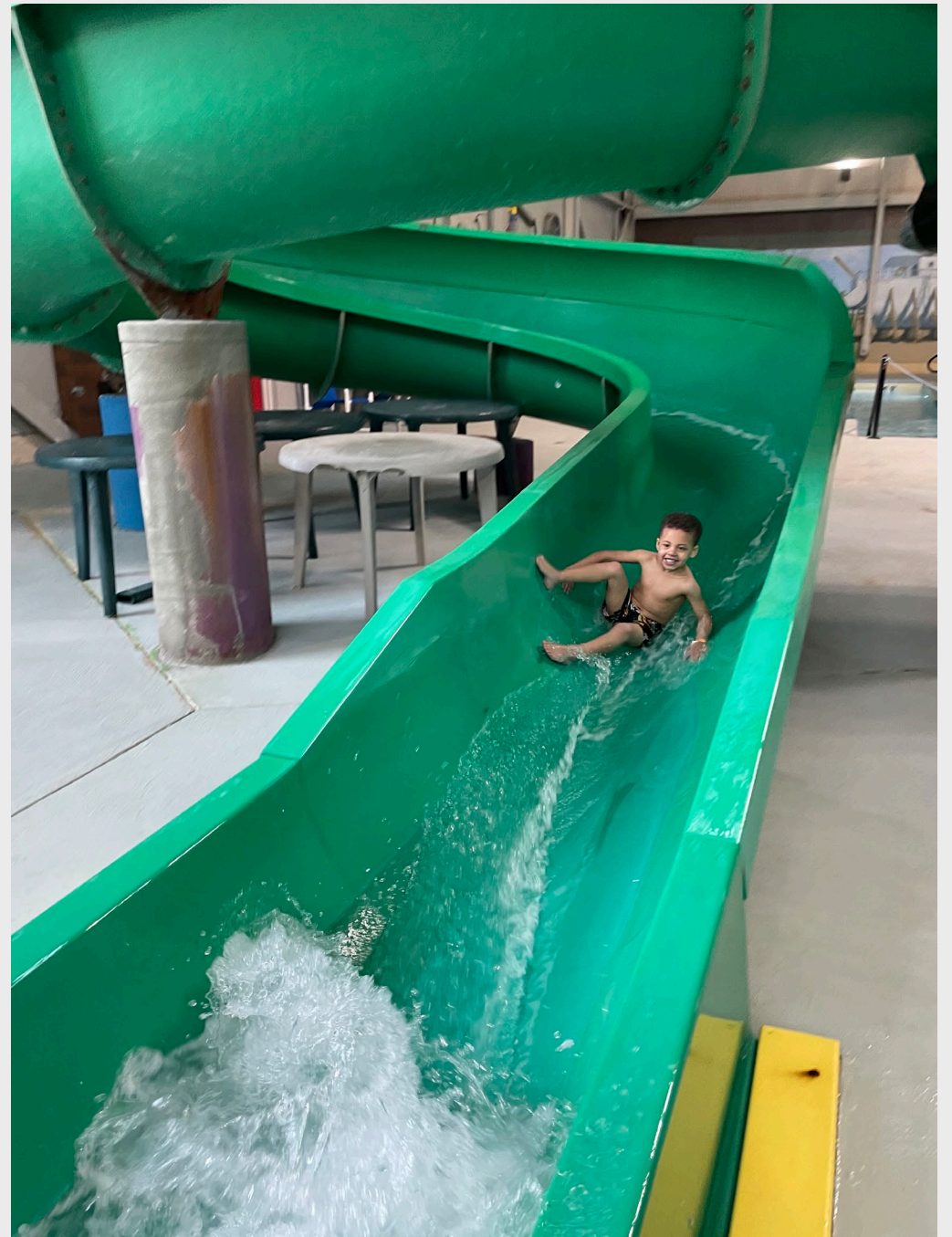
- Remember: courage is about **feeling the fear and doing it anyway**
- “And” is **making space for both** parts of the experience



Creating a culture of courage starts with you

- Exhibit courage through repeated **words, actions, and values**
- **Make space** to talk about fear and discomfort – we all feel it

Courage
requires being
vulnerable with
the people
around you





Courage is a roadmap for forward movement

- Fear is **normal**.
- Ask yourself: **is this danger or is this discomfort?**
- When you feel the fear and move forward, **you become unstoppable**

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