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When determining whether you should face your fear on your own, it's important to understand the distinction between a normal fear and a phobia. When psychologists distinguish between fears and phobias, the key difference is the strength of the fear response and its impact on the person's life.

~~How to Face Your Fears: Healthy Ways to Cope~~

- Interrogate your fears, investigate your fears. Stop and look your fears in the face
- Understanding your fear may not change how you feel, but it helps your decision-making

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~~The courage to face your fears~~

Face your fears and anxieties so they don't become debilitating. Identify ways to create a sense of personal control or mastery in your life.

Practice stress reduction techniques, such as mindfulness meditation or aerobic exercise. Shift your focus to the positive emotions in daily life.

Work to identify meaning and purpose in your life.

~~How to Deal with Fear and Anxiety |
Taking Charge of Your ...~~

I still experience moments of fear, but I move through those moments rather than get tripped up by them.

How to Deal with Fear. Here's the short list, and I'll go into each in more detail below. Face the fear. Find a buddy. Write it down. Say it out loud. Make a plan. Face the fear. Our

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~~A World of Caution~~
natural tendency is to turn and run from anything that frightens us.

~~Face Your Fears: 5 Ways to Confront Fear After Trauma ...~~

In this article, I will share with you 13 tips to face your fears and enjoy the ride. 1. Know That Fear Is Real, but Can Be Overcome. Right now around the world, people are facing fear — real fear. Fear that I pray my children and I will never experience. Does that lessen my fears or your fears in your relatively safe 21st century life?

~~13 Tips to Face Your Fears, Grow with Them and Enjoy the Ride~~

Increase the amount of exercise you do. Exercise requires some concentration, and this can take your mind off your fear and anxiety. Relax. Learning relaxation techniques can

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Age of Caution help you with the mental and physical feelings of fear. It can help just to drop your shoulders and breathe deeply. Or imagine yourself in a relaxing place.

~~How to overcome fear and anxiety |
Mental Health Foundation~~

Facing your fear may help you learn to better cope with the fear and ultimately overcome it. Our workshop can help you overcome this barrier and achieve your goals, a workshop at Creative Living Centre

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To live with fear is to live with your potential permanently imperiled and imprisoned, and to overcome fear is to set yourself free. In his award-winning book on the Rwandan genocide of 1994, *We Wish to Inform You That Tomorrow We Will Be Killed with Our Families*, Philip Gourevitch tells the story of Thomas, a Tutsi marked for slaughter, who somehow survived the machete-wielding Hutu executioners:

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3. Ease anxiety and obsessive thoughts with medication. Talk to your doctor to see if antidepressants or anti-anxiety meds are a good choice for you. Depending on the severity of your anxiety, a combined course of therapy and medications may help you stop living in fear.

~~3 Ways to Stop Living in Fear -
wikiHow~~

Face Your Fear and Live Aug 17, 2020
| by Rabbi Tzvi Sytner The real fear
isn't death; it's the fear of living life to
its fullest.

~~Video: Face Your Fear and Live -
YouTube~~

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Age Of Caution roadshow. Throughout November 2018, the Face Your Fear campaign will be touring the UK, working within communities to change the misconceptions around lung cancer and improve awareness and attitudes. Find out more

~~Face your Fear | LGAM 2018 - Roy Castle Lung Cancer Foundation~~
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Shmuley Boteach, Author. St. Martin's
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