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# *Change Your Language Guide*

## THE ART OF **FEAR**

Change Your Life By  
Changing Your Words

...  
fear and anxiety p...  
about fear in a derogatory way  
is a clear, practical list of things that you may  
used to saying, and what to say instead, to turn  
from a hindrance into an asset. You'll be amazed at  
the difference your words can make.

### **Change Your Language Guide**

If fear or anxiety is negatively affecting your life,  
can become an all-consuming war. Fighting  
crush years of your precious life and disru  
career, relationships, health and more.

To end that war, hands down, THE P  
most important shift you can make  
better, is learning how to talk ab  
anxiety- which is looping fear  
simply affects, everything.

## Table of Contents

Changing Your Relationship with Fear: First Important Step .....	2
1. The General Rules.....	3
2. How to Talk About Your Own Fear (and other emotions) to Yourself, and to Other People ....	5
3. What to Say if Someone Fear Shames You .....	6
4. How to Speak to Others Who are Feeling Afraid (or Angry or Sad).....	8
5. What to Say If Someone is Blaming Their Emotion on You .....	9
6. If They're Available for It, How to Assist Your Family and Friends.....	10
7. What to Teach Your Children So They Grow Up to be Emotionally Healthy Adults.....	11
8. Final Tips on How to Stick with This.....	13

## Fear Dictionary - Change Your Language

### Changing Your Relationship with Fear: First Important Step

Welcome to THE most important first step to changing your relationship with Fear.

Re-framing your language regarding how you talk about Fear and other 'negative' emotions is not just great for ending emotional repression and associated problems that result, such as chronic anxiety, depression, insomnia, PTSD, irrational fear, panic attacks and more. It's actually THE most important personal work you will ever do. Here's why:

Did you know that when I work with clients looking to solve a problem, any problem, I'm primarily on the lookout for how they talk about Fear? The reason why is, how you speak about this core emotion, translates directly into how you speak about, or to, yourself.

For example, if you say things like 'I hate Fear,' because Fear is such a huge part of your core makeup, it's akin to saying 'I hate myself.' If you say 'I ignore Fear,' it's like saying 'I ignore what's going on in my life.' Basically, whatever you say about with Fear, reveals very clearly what your relationship is with yourself, at your core. This also shows me exactly what kind of deeper problem we're dealing with, that you may not be aware of.

The other concern is, let's take a moment to personify Fear. See it as either your spouse, roommate, child, or employee... whatever analogy works best.

If I were to ask you; tell me about this person in your life? And you were to respond: 'I ignore him.' That would be bad right? No one, certainly not Fear, will put up with that. If you were to say, 'I hate her,' that'd also be quite revealing, and problematic of course. Same with all these fear language standards; 'He holds me back, so I battle him constantly' or 'he's not even real!'

Saying such things, as we discussed, is not only you saying such things about yourself (I battle myself constantly). But speaking that way about *anyone*, much less an entity as old and as wise as Fear? Imagine how that child, spouse, roommate or employee feels in return- with you talking about them that way?

Terrible, that's how. Fear feels abused, neglected and upset. And here's the thing: whatever it feels --it being a huge part of you-- YOU feel.

Fear, just like with the child or roommate, may also start to feel sad or angry for being talked to this way, or struggle with self-esteem issues, and more. And thus, so will you.

So, let's get you talking about Fear and thus yourself, in a kind way. Let's get you treating this important entity called Fear with respect, so it can feel good and thus so will you. Reframing your language actually, *can even be all it takes*, to start treating yourself right. All relationships, not just the one you have with Fear, become quickly healed, if only we start using proper and more considerate language.

Now, that's just the first part. There's also a bigger picture.

Likely you know this: *words matter*, --otherwise you wouldn't be reading this guide. But turns out, they matter even more than you realize:

*"When words lose their meaning, culture collapses." -Greek historian Thucydides 400BC*

Paying attention to proper language choices (it's not 'just semantics') deeply supports a healthy cultural network, not just within yourself, but for all of us. If we *all* do our part, using proper language keeps us living in a collective state of sharp, conscious, intellectually appropriate, bulls-eye integrity (how's that for an earful?)

And this is especially true --regarding Fear. We have *so* lost our way when talking about this deeply misunderstood emotion, that our culture has indeed collapsed. All you have to do is look at the shockingly high levels of anxiety, depression (the results of repressed fear) or drug and alcohol addiction (to avoid dealing with Fear), to see this. It must stop.

And stop it will. *Change*, begins with you.

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This Guide has 8 parts:

1. The General Rules
2. How to Talk About Your Own Fear (and other emotions) to Your Self, and to Other People
3. What to Say if Someone Fear-Shames You
4. How to Speak to Others who are Feeling Afraid (or Angry or Sad)
5. What to Say If Someone is Blaming Their Emotion on You
6. If They're Available for It, How to Assist Your Family and Friends to Changing Their Language
7. What to Teach Children So They Grow Up to be Emotionally Healthy
8. Final Tip on How to Stick With This

## 1. The General Rules

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