How To Clear Your Mind Of Fear In 60 Seconds Or Less
Have you ever missed out on an opportunity, because you were afraid?

Fear is an insidious obstacle.

It used to keep us alive, back in the cave days. When large, predatory animals roamed our territory, a keen awareness saved lives.

Nowadays, we stay pretty safe. Every day isn’t a fight to survive.

But inside of your brain, you have the same fear circuit that your cave-dwelling ancestors had.

Only instead of acting up when a tiger is nearby, the fear circuit responds to modern terrors like speaking on-stage in front of hundreds of people, tall buildings, rejection, or failing a test.

The trigger is different, but the fear response is the same.

Luckily, you’re the boss — not your brain.

Unfortunately, sometimes your brain takes charge and it can be super tough to override it...

So, if you feel like fear has taken over your thoughts and emotions, slow down and innercise! Keep reading for a two part innercise that will help you calm your overactive fear circuit, and then overcome your fear!

**PART 1: CALM YOUR CIRCUITS**

When your fear circuit is firing excitedly, it’s tough to focus on anything else. That’s why part 1 is a simple breathing exercise for soothing your circuit.

**Follow these steps and you’ll be ready to consciously overcome your fears in no time.**

1. When you start to feel anxiety, or fear, just stop what you’re doing and observe the emotion — don’t fight it.

2. Take 6 long, slow, very deep breaths. Feel the stress leave your body. Imagine that you’re inhaling calm, and exhaling little molecules of fear.

Six breaths is sort of a magic number for calming down when you’re in an excited state. If you’re still antsy, keep breathing!

Once you’ve calmed down, smile! You just flipped your fear off like it’s a light switch. With practice, you’ll become a master at switching off negative emotions (when they aren’t serving you).
If you’re ready, move on to part 2 — this is where you’ll learn how to overcome a specific fear you’ve got.

**PART 2: FIX YOUR FOCUS, LOSE YOUR FEARS**

1. Take 3 big, deep breaths (You’ll be more open and receptive if you’re calm)

2. Next, imagine both positive and negative outcomes. See the situation going horribly wrong, and then see everything happening perfectly. Pretend you’re holding both outcomes out in front of you, one in each hand. Look at them objectively, and compare. Realize they’re both possible, and it’s (mostly) up to you to determine which one becomes a reality.

3. Now acknowledge the negative outcome, then release it.

4. Once you’re left with only the ideal outcome, really focus on it for a while. Feel yourself overcoming the obstacles (both physical and mental), and relish in the joy of your success.

If you acknowledge all possible options, you can then choose your focus, and your neurochemistry. Whichever option you choose to focus on, your brain chemistry will reinforce it.

If you choose to focus on the positive outcome, you can see yourself shaking hands, and being social, and receiving praise — this triggers oxytocin, and serotonin. Those are the neurotransmitters that make you feel good, and motivated to achieve your goals.

If you focus on the negative outcome, you’ll produce more cortisol, a hormone related to stress. This will keep your fear circuit active, and actually shut down your motivation circuit.

The choice is yours!

Your brain wants to make sure you’re aware of any potential danger. You don’t have to expect the worst — you just have to be aware of the possibility, in case you need to prepare. When you sense danger nonconsciously, your body instantly gets ready to fight, or flee — just in case. Once you check out your surroundings, and your brain receives feedback that the coast is clear, the fear will dissipate.

You can use this innercise anytime you feel the fear creeping in. If it isn’t serving you, it isn’t necessary.

This innercise will help you get clear and release any pesky fear that would otherwise hold you back.