



LETTING GO OF FEAR

When was the last time you showed a prospect your portfolio? How long has it been since you promised yourself that you would update your website? Have you wanted to create new images for your portfolio but never seem to get around to beginning the process? If you find yourself answering yes, you would probably think you are suffering from procrastination, but I'd suggest that your actions are rooted in fear.

After years of working as a consultant and spiritual teacher, I have found that fear is the core reason why many of us fail to take action in our lives.

Fear can be defined as simply not being at peace, not feeling peace may look like guilt, anger, depression or you might feel upset and anxious. Sometimes a person is lethargic and is just not engaging in anything. All are symptoms of fear.

Do you recognize yourself here?

While most people recognize fear more easily as the *fear of success* or *fear of failure* what is often missed are everyday expressions of fear.

How might fear show up for a photographer? I believe that being reluctant to trying a new creative approach, not shooting for yourself or for your portfolio, not selling and marketing when your business needs attention are daily signs of you in fear mode. I'm convinced that if photographers don't identify fear as the motivating cause of their inactivity, they cannot correct their situation effectively.

Most people attribute their inactivity to a lack of time or some other cause, when in reality once a photographer addresses his or her fears, then they will make time for the job at hand.

In order to begin to rid yourself of your fears I suggest you consider using a popular four step program. This process can help you to lose the fears that are currently, negatively impacting your life.

FOUR STEPS TO RELEASING FEAR

Step #1: Identify the fear.

Discover the link between your lack of peace and a specific fear.

Step#2: Look at your fear and name it.

Fear of rejection, fear of failure, fear of success, fear of loss of control.

Step #3: Locate the beliefs, you chose that hold the fear in place. Sometimes the beliefs *seem* justifiable, but upon examination they are unrealistic.

Step #4: Give up your judgments (beliefs) in favor of peace.

Actually ask yourself do I choose to hold onto the belief that causes the fear or do I choose peace?"

Sound simple? Let's see how this might apply to you...

Imagine you are if you a photographer whose business clearly needs a sales program. You are not very busy and, hence, finding the time to create and begin to facilitate a program is not the issue, but you just can't seem to start.

Step #1

Identify how you **feel** about **not** getting your book out. Are you anxious or mad at yourself, are you feeling guilty? Any or all of these feelings are fear-based reactions.

Step #2

Identifying the fear is next. Why are you not taking the book out? Are you worried about negative reactions? Are you afraid of rejection? Just ask yourself “What am I afraid of?”, then leave a space in your mind for the answers to bubble up.

Step #3

Locate the **beliefs** that hold this fear in place.

A fear of rejection might be rooted in the belief that you feel that what others say about you is true. Or you believe that you are supposed to be perfect... or perhaps you believe that everyone is supposed to love your work.

Most beliefs that we hold are impossible standards that no one can live up to. For example it would be ridiculous to believe that *everyone* will like or need your photography.

However many people hold these unexamined beliefs and never realize that they even have them let alone realize that they are at the core of their dysfunction. “When beliefs are looked at and examined, one can see them for what they truly are. It becomes clear then that the belief is not valid.

Step #4

Choose the belief or peace. After seeing the belief for what it is, an unrealistic demand on yourself, you could choose to give up the belief that “everyone should love your work”. Without that expectation you will be able to show your portfolio, and be in peace.

Benefits of Releasing Fear

As you identify the belief that *everybody should love your work*, you are able to see how unrealistic that belief is. A new truth surfaces and you are able to see the reality that what you believed is false, You are now able to recognize that you have chosen the belief that has caused the fear. You can now choose to give it up in favor of no

belief, (no expectation about how people will react to your work) this is choosing peace.

Many of us have tons of fear stemming from a variety of false beliefs. Acknowledging and identifying them and letting go of the false beliefs connected to them is hugely beneficial. Of the many gifts you can expect, is the sense of freedom.

After releasing any kind of fear, freedom is one of the main benefits you will experience. Without fear of rejection you would be free to take your work out to prospects without worrying about their reaction. You would simply see portfolio presentations and all other sales tools as a necessary part of selling your work. Your attachment to any expectations would be gone you will feel free to create new images, or develop a new-photographic style. You are able to explore your creativity without worrying about others expectations or opinions.