



Positively Jane - The Podcast

Navigating Life's Highway... *together*

Episode #12 Transcript: Are You Letting Fear Lead Your Life

JANE SHINE:

I'm going to drop a statement here that you know conceptually...only your heart and mind like to think otherwise - You are not in complete control of your own life...no matter how hard you try. Things will happen around you. Things that YOU did not initiate. Things that are out of your control. Things that you hate and wish were different. Things that cause great fear in you. Things that make you sad. As well as things that make you happy. Things that make you jump for joy. Things that make you want to hug everyone you meet. In this episode of the Positively Jane Podcast I am going to talk about fear. The topic of fear is my second most read topic in my blog and I can't wait to dive in and help you overcome your fears.

INTRO:

Hey there - I'm Jane Shine. As a blogger for over 4 years, I have been encouraging women of all ages to rise above those circumstances that kick them in the butt and choose a life filled with joy. Topics - you name it. From relationships, anger and irritation, embracing the aging process, how to retire with wealth, and so much more! I can't wait to dive in!

Today's episode is brought to you by Well Watered Women. Well Watered Women's mission is to equip women to be deeply rooted in God's word by teaching and showing us how to fix our minds on God's truth and applying God's truth to everyday life. Many of my mornings begin with a Bible Study or a journal from Well Watered Women. They have so many articles that cover all sorts of topics. From eating disorders, to why me and not them to finding yourself in your quiet time. And fear.

Check out Well Watered Women. Your spiritual self will thank you. Link is in the show notes.

JANE:

Let's face it. Life is full of uncertainty, surprises...even pandemics. Things that can rock you back on your heels and create fear, anxiety and sometimes distrust. On the other hand sometimes life is full of opportunity, surprises, and joy.



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And in either case - most of life is out of our control. It happens around us whether we want it to or not.

But when you are focused on what you can't control, when you are letting fear lead your life, you are missing, and leaving behind, all of the happiness and joy that are part of living an abundant life.

Because joy is a choice you make. You choose to not let those pesky circumstances of life be the boss of you. When you let fear be the boss...you are choosing those circumstances instead of joy.

Because circumstances and joy run parallel to each other.

Alongside the joy there are choices that you regret, personal decisions and failures that you need to overcome, mistakes to sit with, embarrassments and unpredictable disasters to get through.

And, guess what? This is the world that we live in. The great big messy one. The world with all of the hurt, doubt, and fear.

But, in the midst of all of that, you might forget who you really are. You forget that you have unique gifts. You forget that you are strong. You forget all about your inner beauty. You forget that you are an overcomer. You are so focused on the 'what nots' and 'can't haves' that you forget what IS and CAN be.

And so you spend your days avoiding fear. Or... you spend your days living in fear.

You might run around and stay really busy so you don't have to think too much about anything. Because when you think...the fear sets in and takes over. As a result, ALL of your energy is tied up in avoidance.

Or, you curl in a ball and can't move. Sometimes the curling up is a physical thing and sometimes it's a mental thing. Fear has its hands around your throat and you are afraid to move...because you are completely wrapped up into the thing you fear and when that happens what you are afraid of chokes the life out of you.



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There are many different types of fear.

- Fear of failure
- Fear of the unknown
- Fear of decisions
- Fear of spending money
- Fear of being wrong
- Fear of launching something
- Fear of rejection
- Fear of public speaking
- Fear of parenthood
- Fear of getting married
- Fear of being single
- Fear of being alone
- Fear of falling
- Fear of conversations
- Fear of going broke
- PLUS all of the phobias that people fear.

And when you let fear lead your life you are missing out on the opportunity for happiness.

You are missing the joy. You are allowing that fear to get in YOUR way of living a joyful life. You are allowing that fear to get in the way of you living a rich, full, and abundant life.

So... rather than letting fear lead the way. Rather than letting fear determine who you are. Rather than letting fear have the upper hand. Rather than letting fear have the last word ...maybe it's time to take action.

You don't need to avoid fear. You don't need to cower in fear. You don't need to accept the fear. You really don't. You are strong...you just might not know it yet. Are you saying to yourself right now, ok Jane, that all sounds great but what CAN I do?

First up - You can learn how to deal with all of the triggers. The mental and physical triggers. The things that spark that downward spiral of fear. These



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triggers are joy stealers. Because anything that points you in the opposite direction of joy...is a joy stealer.

How?

Think of your fear. Now analyze it. What is the worst case scenario? Got it? Ok, now break it down a bit more. Is that fear in your control or not?

If it's in your control, take action. Fix it. Change it. Move it. Delete it. But don't accept it or leave it as it is. Whatever the it is. Yes, it takes courage to do any of those things. It takes courage to make a change. It takes courage to eliminate something from your life.

But I know this about you...you can stand alone. You can change your vision. You can leave the relationship, quit smoking, delete it, or sell it.
Second - You can begin again.

A famous quote of Morgan Harper Nichols' is:

'You do not have to be fearless.
Doing it afraid is just as brave'.

Becoming fearless is not the answer. Putting yourself out there and making the changes...even when you are afraid...is just as brave.

The challenge of starting over is not always what we are wanting to do or ready to do. Sometimes we can look around and think that life would be easier if things could just stay the same. Only different at the same time. Stay the same with no fear. That the thing that is creating anxiety and fear in your life would just go away.

Maybe someone you know and love is sick. And you are afraid they might not get better. You just want the sickness to go away because if that happens the fear of that person getting worse goes away.

Or maybe you are in an abusive relationship. The fear of leaving that relationship is so great that you stay. But you just wish the abuse would stop



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because then the fear would go away. And then you aren't faced with the decision to leave or not to leave. Because that in itself is a totally different fear.

Or maybe you know deep down that you need to set aside money for emergencies or retirement. But you spend money to combat anxiety. And you know that in order to make financial changes you need to make internal changes. And you are afraid to look at yourself head on...because you might not like what you see. And if you haven't listened to Episode #10 'What do you see when you look in the mirror' please do. I will link it in the show notes.

Or maybe you are afraid of being alone. And so you accept and tolerate all kinds of bad behaviors of those who are near you...just so you don't have to be alone. Because the fear is greater than the behavior.

But eventually, as sure as the sun shines, you will find that a new day will dawn and that day will call you to wake up and make changes - even before you feel like you are ready. And it is in that space where you start to practice courage. That tiny crack that says enough is enough.

You begin to realize that even when you are not ready for change, you can breathe deeply and rise up anyway. Why? Because you realize that your one and only life is valuable. You realize that fear is telling you how to live, act and behave. And you are tired of living that way! You are ready to put on those big girl panties and face it head on. And make change..

I would like to encourage you - Please don't let fear, uncertainty and doubt have the last word. Because, wouldn't you rather act with courage than live in fear?

And I know that this is all easier said than done, right? But you can do it. Get moving. Do something different. Journal your fears. Do something for you - take a bath, meditate, pray. Change your surroundings. Step outside of yourself. Practice kindness, volunteer, take care of a friend or neighbor. Bake cookies for the hospital staff. Babysit for a young couple so they can go out.



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Take action. And in that action you will find the you that has been covered up. You discover the you that has the courage to do what is necessary so that you can live your one and only life in victory.

It is a battle for your soul. And you CAN win. You belong to you. And not to fear.

One last thing, because this I know first hand, sometimes when fear sets in you become overwhelmed and then the stress sets in, right?

And when stress sets in it is sometimes difficult to be happy or joyful. So, don't let stress have the last word either!

Go on and take a look at my 'Top 5 Stress Reducers' which includes an Action Plan that I created for you. So that you can eliminate what causes you stress and get on the path of living a joyful life. The link is in the show notes.

Joyful living is ALL about and not letting let the circumstances of YOUR life determine who you really are. You learn to choose YOU instead!

Not sure how to do that? Let me help! I have quite a few joyful living blog posts that I will link below for you AND, if you haven't already - go on grab my 'Joyful Living Quickstart guide'. It will definitely help you find the beginning of the path to you living your joyful life.

And as always, I would like to encourage you not to let the circumstances of life kick you in the butt. I would like to encourage you to learn how to rise above those circumstances so that you can live a joyful life....everyday.

Thanks for listening. If you like what you hear please subscribe, comment, and share with your friends. I have linked everything I talked about in the show notes. Go on and grab them. Until next time - let's continue to navigate life's highway...together.



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Links mentioned in this episode:

- [The Top 5 Stress Reducers](#)
- [Joyful Living Quickstart Guide](#)
- [Aging Gracefully Newsletter](#)
- [Well Watered Women](#)
- [Podcast # 10: What Do You See When You Look in the Mirror](#)
- [Joyful Living Blog Posts](#)

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