



*"Do you get it?"*

## Fear

I find it hard to put into words how my life has changed simply by having a better understanding of my fear. I have experienced new things and also old things in a new way. We all have fears that are limiting our lives. Some have fear of spiders, some of fear of failure, even success. I had a fear of heights.

Being afraid of heights really limited my experiences, putting real stress on my system. My fear was so strong, crossing a bridge barely off the ground caused my conditioned mind to say wait a minute – you might fall or worse yet – jump.

I gave up skiing in 1997 because riding the chair was too much for me, not to mention the poor souls who had the misfortune of being in my place at my time and crossing the suspension bridge was out too. Limiting the way I could enter the Canyon. What about high places caused me to freak out. I believe that events of our lives leave imprints and those records remind us of our limiting beliefs. Fear.

False evidence appearing real – FEAR. My condition mind had me believing that height was dangerous, untrustworthy and unpredictable. Certainly some heights were dangerous and some may have been untrustworthy even unpredictable but not all heights had these characteristics. I painted all height with the same brush therefore to me all height brought the same stress and the same uneasiness.

My first experience with my fear came after watching my Father fall from the roof of our home. I associated his falling from the height with awful pain and therefore limited my exposure to it. I could fall off the roof, my father did. The image left an imprint in my mind. Even though I had first hand evidence that one could fall from the roof when I started doing the math I realized the odds of falling off the roof diminished the more safety precautions in place. I then started looking at every situation the same way. A very small percentage of people had fallen from a chair lift or fell while walking over a footbridge. Yeah there have been accidents while bungee jumping but the outfit at Whistler has had no accidents ever and currently have the safest record in North America. You do the math – the evidence shows me the real odds. With this new way of looking at my fear of heights I was able to spend a week at Apex admiring the view riding the chair with my kids instead of making them sit completely still, in silence which changes their experience also. What we model, children learn. My fear of heights gave my children false evidence even though the daggers in my eyes seemed so real. Suffice to say – I was always the short end of the stick when getting a pattern for a ride.

Whenever I find myself reflecting to the imprinted image of my Dad falling from the roof it is usually when I am reminding myself that I get my impatience and stubbornness from my Dad and it was those characteristics that took him from the rood, not the height. It really helped while I was bungee jumping at Whistler is past summer. When I got to the edge instead of being afraid I conquered my stubbornness and did a front flip in the layout position. Fear not.

If you have fears in your life do some quick math around your situation. I can help you with this. Remember if we always do the easy things life will become hard. Understand the evidence of your fears. Use your own experiences to gather the evidence required and you will conquer your fears.

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