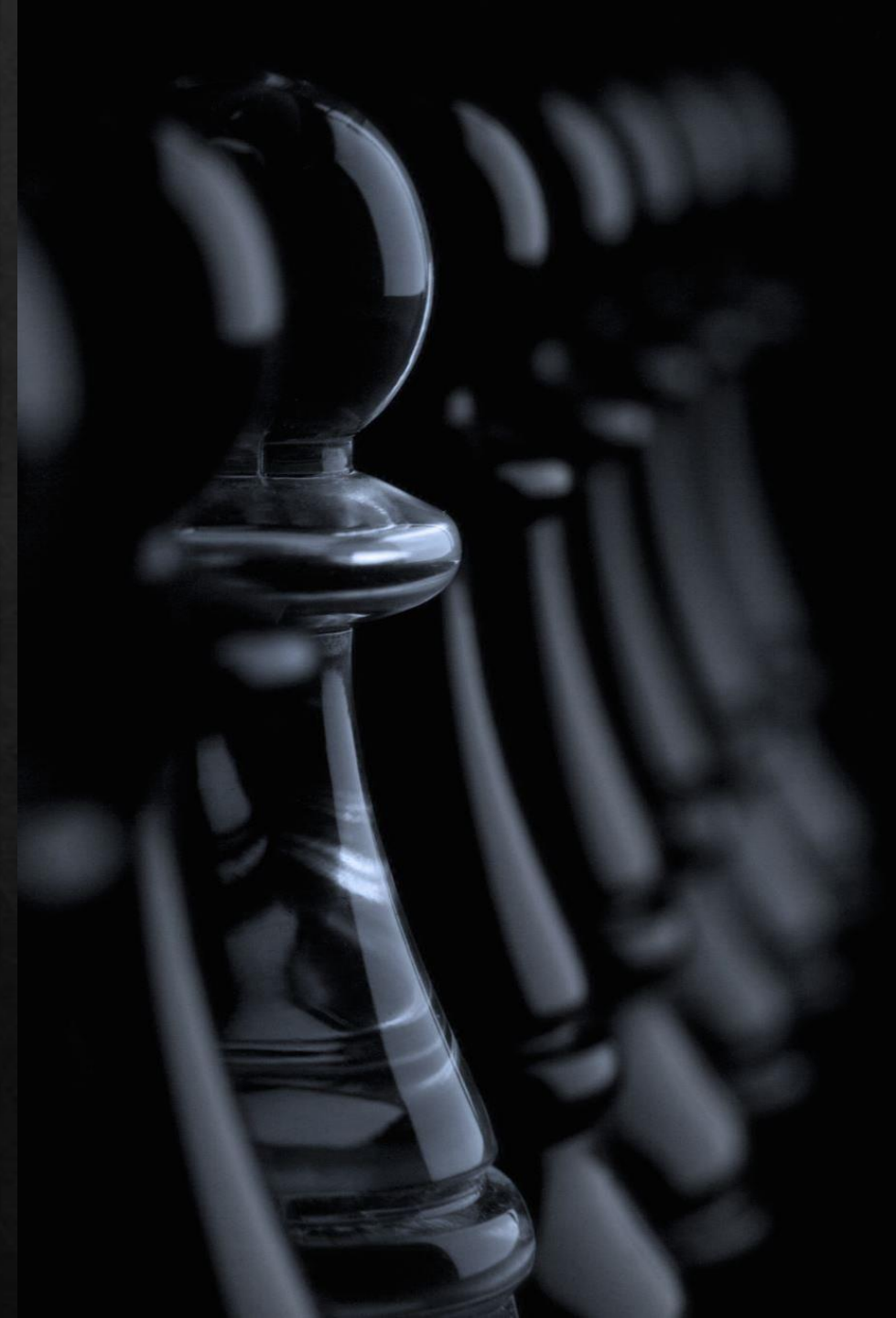


No Fear Inside, No Fear Outside

Overcoming the Paralyzing Effects of Fear

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Who Am I?

- Licensed Clinical Mental Health Therapist & Trauma Expert
- Practicing at Gardenia Cove Mental Health, Montgomery, AL
- Featured Expert on NPR, iHeart Radio, Hope for Women Magazine
- Author of LOVE T.A.P.S: Red Flags of An Abuser & How to Get Out
- I LOVE WHAT I DO!!!

What is FEAR:

- ◆ Fear is our brain's way of keeping us safe.
- ◆ Discomfort we feel when we perceive danger, both real and imagined.

Although fear is...

Uncomfortable

Necessary

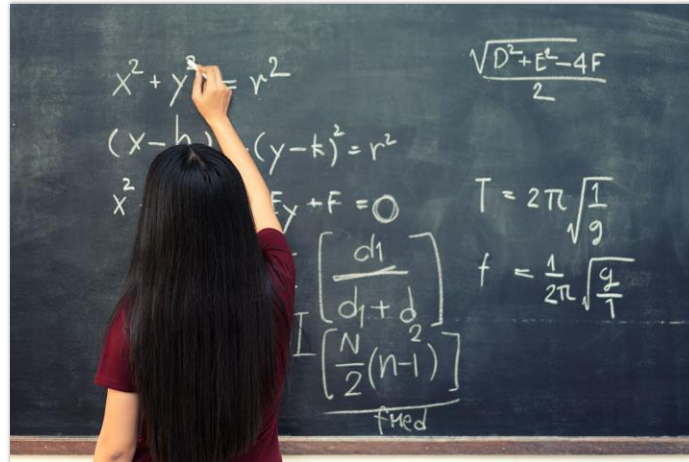
Helpful

Use it to your
advantage

Your Brain & Body

- ◆ Your brain is wired to feel fear
- ◆ It is part of normal functioning
- ◆ It helps your brain plan its next move
- ◆ Your brain keeps your physical body safe
- ◆ Your brain is your "bodyguard"

What does it feel like?



Chronic

- ◇ Environmental stress
- ◇ Constant worry
- ◇ Feeling insecure on daily basis
- ◇ Bullying
- ◇ Abuse

Acute

- ◇ Sudden Death
- ◇ Natural disaster
- ◇ Terrorist Attack
- ◇ Bad News

Fear is both
instinct and
learned.

- ◆ Pain is an instinct and causes concern with to surviving.
- ◆ Learn to be fearful of certain people, places and situations based on experiences
- ◆ Culturally we learn to fear based on history and even stereotypes.

You Don't Have to Be In Danger to Be Scared

Imagined:
absence
something scary

Anticipation:
what we imagine
will happen

Threat: if we
think it's real

But did you know...



How Does One Respond?

Not So Helpful Responses

- ◆ Scared
- ◆ Anxious
- ◆ Flight, Freeze or Fright*
- ◆ Avoid

Helpful Responses

- ◆ Fight
- ◆ Jump Into Action
- ◆ Being In Danger Brings Change

How to Deal with Fear

- ◇ Acknowledge it. Parents and teens can support each other in listening and validating.
- ◇ Sit with it. What are you fearful of? How does it feel in your body.
 - ◇ Breathing
 - ◇ Heartrate
 - ◇ Loss of focus
 - ◇ Change in appetite and sleeping
- ◇ Are you feeding it, what are your thoughts?

Approach Is Everything

Journal

Excercise

Relaxation

Avoid
Substances

Sleeping &
Eating

Challenge Your Fear

Is my fear real or imagined?

If it is real, do I have control over it?

Is my fear based on something permanent or temporary?

What have I made it through before ?

What skills do I have that can help me?

What people do you I know that can support me?

Scale your fear before and after challenging it.

Is it less intense than before?

Rules to Live By

- ◊ Circumstances are ALWAYS changing
- ◊ Look at what you can control and cannot control
- ◊ Make a plan for what you can influence
- ◊ Be flexible
- ◊ If you can't control it, manage what you think about it
- ◊ Some worries only get better with time. Trust the process

Thank You

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