

Untitled Document

“We think if we can beat vulnerability to the punch by imagining loss, we’ll suffer less,” author Brené Br

We all know the feeling of looking at a loved one, a beloved pet, place or maybe our home or busin

So, girlfriend, what are you scared of? When you feel fear, what is it about? What doubt grips you

Do this simple three-step exercise and you’ll understand. Write down the top three fears you’re experie

Kristen gives this example: I know it seems as if I’m scared of declaring bankruptcy, but what I’m r

Ask yourself why. For example: I’m scared of being a failure because then people won’t love me a

Now, look back at different times in your life when you’ve been scared and do the same exercise. (

Nick Ortner from The Tapping Solution explains why we experience fear. He says it comes from ou

Grog says, “Ughr all ogg ogg ralf woomr.”

Oh, you don’t speak caveman? Then follow Nick’s translation: “I’m pretty nervous about that tiger. It so

Thor says, “Brother man, there is nothing to worry about! The sun is shining, we’ve discovered fire

Grog looks around nervously. It sounds as if the tiger is getting closer. “Thor, I’m going to higher g

“Grog, you are so negative! Always talking about what could go wrong.”

Grog runs away at a full sprint towards higher ground, where the tiger can't climb. He makes one la

Thor continues his peaceful meditation and is killed by the tiger, along with his 'happy' genes. Grog

In his book, 'Hardwiring Happiness', Rick Hanson writes that we've got a brain that's prone to "paper

Then you will start understanding that positivity is not an attribute or a personality trait – it is a prac
You start by consciously choosing where you focus your attention. To understand how powerful t

If you want to keep feeling like this, you know what to do now – focus on the good in your life. It is
Fearful thinking will keep you stuck, stress you out and bring your healing process to a grinding h