

Moving through fear to reclaim your Power

Recently I wrote about getting stuck in fear. Now I'm going to cover reclaiming your personal power by moving through fear.

Firstly, I'm going to touch on helping you understand the payoffs to staying stuck in fear.

So, let's do a little exercise.

Get out a pen and paper and think about one area where fear is a major struggle. Ask yourself these questions:

- “What don’t I have to face by staying in this fear?”
- “What don’t I have to do by staying stuck in this fear?”
- “What comfort do I receive from staying in this fear?”
- “What image do I get to hold onto by staying in this fear?” (E.g. victim, poor me etc.)

I’m sure you’ll find this exercise both illuminating and somewhat confronting if you’re honest with yourself.

Ok, now let’s talk about reclaiming your power. Susan Jeffers, in her infamous book “Feel the fear and do it anyway” talks about how to reclaim your life, moving forward and feeling the power of decision-making, even with fear present.

Seven ways to reclaim your Personal Power

1. Avoid casting blame on an external force for your bad feelings about life. Nothing outside yourself can control your thinking or your actions.
2. Avoid blaming yourself for not being in control. You are doing the best you can, and you are on the way to reclaiming your power.
3. Be aware of when and where you are playing the victim role. Learn the clues that tell you that you are not being responsible for what you are being, having, doing or feeling.



4. Familiarize yourself with your bigger enemy... your internal 'chatterbox' (critic/parent) that makes negative comments inside your head constantly about your lack of performance, always messing up etc.
5. Figure out the 'payoffs' that keep you stuck. Paradoxically, once you find them you will probably be able to quickly get 'unstuck'.
6. Determine what you want in life and act on it. Stop waiting for someone to give to you. You'll be waiting a long time!
7. Be aware of the many choices you have - in both actions and feelings – in any situation that comes your way. Choose the path that contributes to your growth and that creates peace with yourself and others.

There's a lot here in these above principles. How do you feel now that you've read them? It's so easy to want to blame others for our misfortunes etc. In the past it was the fault of so many others why I was struggling so much in my life. My ex-partner's fault, my long-term health issues, my old friends and my previous dominating boss etc. If only I could win Tattslotto everything would be fine or if only those people would stop judging me, criticizing me, my life would be better.

I had to face my fear of letting go of my identity as a victim. It's a huge, huge issue this one. We can cling to a negative identity, which brings comfort to us, pity from others and can excuse us for facing our fears, facing our failings and to also move forward through all the reasons we've given ourselves not to live life BIG, but to stay small and safe. I've had some tough things happen to me in my life. I've struggled with so much self-pity and feeling that others just don't understand my pain and my life etc. but ultimately; I am fully responsible for my own happiness and for my healing. If I don't face my fear and embrace forgiveness too, all my regrets and disappointments at the end of my life are totally my own anyway, no-one else's.

It's important to note here, that we all need compassion from our friends and family. I'm not advocating going cold turkey and being really tough on yourself. Being self-compassionate is incredibly important and receiving comfort from others as well too. It's just to move through fear and take responsibility for your life, you can't stay stuck in your pain or feeling victimized by others. You need to move forward, even if you take teeny tiny baby steps every day.

Everyone has struggles and we all need to give ourselves deep levels of compassion and love to move through our challenges that can cloak our lives and our potential. What's cloaking your life in darkness right now? What do you need to lift off yourself by reclaiming your power and moving through your fear?

My encouragement to you today is to do the above exercise (four questions above) regularly to encourage growth in your life. Also look at these seven points and act on at least one a week. You know you can do this, it's so important and you are so

precious and so worth making the effort to grow and burst out of your self-imposed limitations! Xxxx

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clients and for friends and family. Seeing her artwork in real life is the only way to feel the joy of how beautiful Alli's work really is! I highly recommend her artworks in all forms."

Mel, Albury NSW AUSTRALIA

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Alli xxx