

Title:

Control Your Fear Before It Will Control You!

Word Count:

429

Summary:

"Fear Factor" has been one of my favorite TV shows. It highlights the courage of the participants.

Most of the contestants are willing to sacrifice their dignity for the sake of the prize money.

It implies that with the proper mindset, determination, and will power, you can conquer your fears.

Everyone has some sort of fear. It may be brought about by any one or more of the following reasons:

Keywords:

Article Body:

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Most of the contestants are willing to sacrifice their dignity for the sake of the prize money.

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Everyone has some sort of fear. It may be brought about by any one or more of the following reasons:

- 1) by a traumatic past incident (like being bitten by a dog)
- 2) by the influence of other people
- 3) by their own negative way of thinking

But are you going to let fear take over your life? Will you remain a hostage of your fears forever?

You must take the necessary steps to overcome your fears. It's all in the mind.

Do you envy other people when you see them enjoying wild rides, and you're just stuck in a corner?

My suggestion is to face your fear head-on. Imagine yourself enjoying the experience instead of being afraid. (If you have health problems, then taking wild rides may not be a good idea).

Do you want to be a doctor but you're afraid that your intellect can't handle the pressure or the long hours?

Well here's the good news. If you're really determined to achieve your deepest desires, a power of mind can help you.

Someone or something will always be there to help you attain your goals. Just have faith in yourself.

You could use visualization to help you in defeating any kind of fear.

Are you afraid of heights? Then imagine yourself being on top of a mountain, overseeing the mountains.

Then just do it! Face it head on! Go to the top of a building and savor the great feeling of being on top.

This applies to whatever thing that triggers your fear factor. Just imagine being able to defeat your fears with the power of your mind to it.

Face the thing you fear the most and you'll never have to fear anything again in your life.

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