

Title:

How To Overcome A Fearful And Scary Situation

Word Count:

419

Summary:

All most everybody worries about what will happen if they are in a stressful and scary situation.

The first thing a person can do is to visualize yourself doing the scary task in your mind. For

Keywords:

Article Body:

All most everybody worries about what will happen if they are in a stressful and scary situation.

The first thing a person can do is to visualize yourself doing the scary task in your mind. For

Try to find the motivation from within before performing the task. You will be more successful

When encountering a scary situation that gets us all upset, always remember to get all of the

Take it one step at a time. Don't try to do too much at the same time because you will be easi

Don't forget to Pray and ask God for help. A person can only do so much. Asking God for help o

As a Layman and author of an anxiety book, I have faced many situations that made me anxious a

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