

COURAGE AND FEAR

by Daniel G. Eckstein

A specific technique psychologists employ to help individuals change from a fearful to a courageous approach involves the use of paradox. Often positive growth occurs if a person can be encouraged to do the very thing that is feared. An Adlerian theme is that: "I can't always help the way I feel, but I can help the way I think and act." To "act as if" you had the courage to confront your concerns, is paradoxically a power strategy often resulting in improved self-confidence.

In overcoming fears one will develop:

The courage to take responsibility for one's own life rather than blaming others for personal problems.

The courage to be imperfect.

The courage to say "no" and mean it.

The courage to take a risk by engaging in new behaviors.

The courage to experience intimate loving relationships.

The courage to recognize that the healthy personality integrates both "masculinity" and "femininity" within each of us.

The courage to live fully in the here and now rather than feeling guilty about the past or worrying about the future.

The courage to stand up for personal beliefs.

The courage to be still and experience that "inner guiding light" within each of us.