How to conquer your fears!

your fears. And when
...lf of fear, you'll enjoy
...ore." Dr. Cammer, an

expert on phobias, listed these eight suggestions:

● **DO face your fear.** Many people have a tendency to deny their fear. But fear cannot be ignored and it won't disappear by itself.

● **DO identify the source of your fear.** To handle fear, you must know where it started. Your fear may be based on some long-past experience and is no longer valid. Or you may find it's based on fear of the unknown.

Identify the source of your fear and you'll be in a better position to fight it.

● **DO be on guard.** If you fear talking to strangers, arm yourself against being caught off guard by becoming a better conversationalist. You can do this by taking a course or simply by reading more.

● **DO have faith.** To handle irrational fear, you must have faith in your ability to overcome it. It may help you to know that millions have overcome their fears.

● **DO meet your fears head-on.** The longer you put off facing a fear, the stronger its control over you will become. Try to do what you fear just once. This is a giant step toward eliminating that fear.

● **DON'T resign yourself to living with your fear.** You can learn to handle fear just as you can learn any other technique or ability.

● **DON'T underestimate yourself.** Many others share the same fears you have. Some of the most successful and intelligent people have achieved their goals by overcoming their fears.

● **DON'T nurse your fears.** The worst thing you can do is to concentrate on the negative aspects of your life. This often becomes a self-fulfilling prophecy.

What are you most afraid of?
Check three.

Financial problems _____
Going to the dentist _____
Death of a loved one _____
Flying _____
Nuclear war _____
Serious illness _____
Being in a crowded place _____
Natural disaster _____
Spiders and snakes _____
Being a victim of crime _____
Losing your job _____
The dark _____
Other _____