Fearless Living
Live without Excuses and Love without Regrets
By Rhonda Britten

The Big Idea
Are you a negative thinker? Do you continue to live in the past? Have you experienced personal trauma that has instilled fear in you?

In her book Fearless Living, Rhonda Britten tells you how she overcame her own personal tragedy and achieved self-confidence and fulfillment. She provides systematic instruction to help you make huge changes in your life and your way of thinking.

Learn how to let go of your innermost fears and indecisions. Regain confidence and take life-changing action!

Part 1: What are You Afraid of?

What is Fear?
Rhonda defines fear as the cause and effect of feelings, thoughts or actions that prohibit you from accepting yourself and realizing your full potential.

Fear keeps you from moving out of your comfort zone. It keeps you from feeling “alive” and keeps you from seizing the day.

False Perception Based on Fear
Fear can cloud your judgment and create deceptive results. Fear can leave you with the perception that you are unloved and unworthy of love. Even when you are making conscious efforts to stay emotionally detached.

Sometimes, fear can make you believe that you have no choice but to accept your life as it is. When you are afraid to take the risk of changing or possible rejection, you might even look for evidence to support your fear.
It is important to realize that looking for evidence to support your fear will lead you to an endless cycle of disappointment, rejection and a host of negative feelings. The author calls this the “Wheel of Fear”.

The Wheel of Fear keeps you from moving forward and experiencing new and exciting things. It makes you settle, also known as “surviving”, and keeps you from “living”. The wheel makes you live in the past instead of looking forward and enjoying the future.

Fearless Living = Willing to Make Changes
In order to make changes in your life, you must be willing. You must be willing to do things differently, to see things in a different light and to experience new things without fear of disappointment or rejection.

The Wheel of Fear
The Wheel of Fear is shaped by family heritage, an individual belief system and life experiences. The evidence you seek to reinforce and support your fears fuel this wheel of fear. Only when you recognize and acknowledge your fear will you be in a position to prevent this endless cycle of self-destruction.

How the Wheel Works

1. Something happens that triggers your fear of being worthless, unloved, rejected, etc.
2. Your fear response makes you do something that is meant to ensure that you avoid the dreaded outcome.
3. You experience the negative feeling of not being good enough.
4. To numb the emotional pain, you engage in destructive behavior such as drinking, smoking, gambling or shutting people out of your life. This self-destructive behavior makes you feel even worse than when you started.
5. The cycle begins again.

Symptoms that Mean You are on Your Wheel of Fear

1. Impatient
2. Exhausted
3. Self righteous
4. Misunderstood
5. Paranoid
6. Paralyzed
7. Shame
8. Defeated
9. Out of control
10. Confused
11. Overwhelmed
12. Victimized

Wheel of Freedom
In order to get off the Wheel of Fear, you must make a conscious choice on how to behave instead of reacting to the situation immediately.
Steps on How to Build Your Wheel of Freedom:

1. **Identify your essential nature.** What fuels you? What keeps you going? What is your passion? What gives you purpose in life?
2. **Engage in proactive behavior.** Instead of simply reacting to the situation, do something that allows you to get in touch with your essential nature.
3. **Dispel your fear and experience a feeling of wholeness.** Take risks and actions that give you a sense of fullness and power.
4. **Engage in self-affirming behavior.** Accept and give compliments. Take a new hobby or go back to school.

Signs that You are on the Wheel of Freedom

1. **Being Present.** You decide to live in the present and focus on what is happening at the moment.
2. **Acceptance.** Instead of complaining, you find positive things in each opportunity.
3. **Inner strength.** You stand for yourself, your ideas and actions. You make the commitment to change.
4. **Centered.** You become more aware of yourself and your true nature.
5. **Empowered.** You are focused and have personal power. You have confidence and trust in yourself.
6. **Detached.** You are detached from your feelings of not being good enough.
7. **Abundance.** You give and share ideas. You believe that there is enough love and support to go around.
8. **Energized.** Everyday is a new day to experience new things.
9. **Satisfaction.** Having a sense of accomplishment.
10. **Synchronicity.** This means having opportunity and timing convergence.

Fear Junkies
Although everyone has a Wheel of Fear, fear junkies are individuals who project their Wheel of Fear towards other people. Always remember that relationships with fear junkies are not good for you. They keep you from growing and experiencing life.

Types of Fear Junkies

1. **Dream Drainers.** They mirror and reinforce your own fears. They believe that they are doing you a favor by protecting you from disappointment, hurt and rejection. In their efforts to shield you from pain, they keep you from achieving your dreams by constantly telling you how unreachable your dreams are.
2. **Complaining Buddies.** They think that “misery loves company”. These individuals feed on each other’s fears and maintain the myth that you are powerless to change the status quo.
3. **Puppeteers.** They want to manipulate you as they believe that they know what is best for you. Examples of puppeteers are stage moms and little league dads, or parents who want their children to live the dreams they once had.
4. **Rivals in Disguise.** They seem to be genuinely helpful but all they want is to keep you in the “rut”. Rivals in disguise give you advice that is deliberately misleading. These individuals feel threatened by your competence, talents and skills. They feel that they need to get you out of the way in order to have progress of their own.
5. **Rearview mirrors.** They are the individuals who keep bringing up the past. These people harm your growth by never letting you forget your mistakes and fears.

**Your Fearbuster Team**

Asking for support from the right people at the right time makes letting go of fear easier. It is important to identify the people who share your best interests. The people who love and support you unconditionally are the members of your Fearbuster Team.

**Fearbuster Team Members**

1. **Support Buddies.** They are your “Cheerleaders”. They are friends who give you unconditional love and support no matter what. They believe in you and never give up on you even if you have a setback. They provide encouragement and praise.
2. **Wise Council.** These are friends who are able to consider your agenda without imposing their own fears on you. They are always ready to provide you with a new perspective on things. Wise councils may be your friends but they may also be your nutritionist, accountant, counselor, etc.
3. **Voices of Experience.** They have been down a similar road and experienced similar obstacles that you are going through. They are the ones that guide you in your “journey”. You can also find voices of experience in organizations such as Alcoholics Anonymous, Weight Watchers and other fate-based group.
4. **Powerful Partnerships.** This relationship involves long-term commitment. Your powerful partner can be your spouse, business partner, your manager or anyone with whom you team up for an extended period of time.

**Part 2: The Fearless Living Program**

**No Expectations**

Expectations can hinder personal growth and destroy personal and professional relationships. When you expect something from someone without formally verbalizing your thoughts, you are setting yourself up for disappointment.

Expectations that are unspoken, unmet and unrealistic attach you to your wheel of fear. Remember that expectations can break marriages, friendships or any relationship. When expectations are not met, you might find yourself blaming the people who are closest to you.

Expecting something from someone means that you are stuck in the never-ending cycle of wishing, waiting and hoping. As a result, you are forever stuck in the past. You will never be able to move on.

To live fearlessly, you must realize that things don’t always turn out the way you expect them to. This will prevent a string of disappointments and heartaches.

**Turning Expectations into Intentions**

One way to live fearlessly is to turn your weakness into strengths and your expectations into intentions. An expectation is what you think should happen. An intention, on the other hand, is part of your approach to life based on your essential nature and wholeness.
Intention is living with purpose proactively, responsibly and intuitively. It means living in the present and accepting what is really going on around you. It is having a conscious choice on how to react or behave.

Living with intentions means you are accountable for your life and your actions. Your life is your responsibility and no one else’s. Do not lay the blame on others if things don’t come out as you planned. Instead, make the best of the situation.

No Excuses
Sometimes, you may even use your past as an excuse not to embrace your essential nature. You may firmly believe that what happened in the past can occur again; or that your future is tied up with events in the past. You must remember that what happened before shaped your past, NOT your future.

Excuses can prevent you from realizing your full potential. It can also be a self-fulfilling prophecy that keeps the Wheel of Fear spinning. Real transformation stems from accepting who you are, accepting your past and making no excuses.

You must learn to move beyond your fear and your past. Let go of who you thought you ought to be, and forgive everyone that has kept you down – including yourself.

Learning to Let Go
You can start the forgiveness process by doing the following exercise:

1. **Make a forgiveness contract.** Write down the things you want to forgive about yourself and the names of the people you want to forgive. Write down what you are willing to do to enable yourself to forgive, such as seeing what is good in others. You can do or read the contract daily to deepen your willingness and commitment.

2. **Have a letting go ceremony.** This is the process where you let go. Make a list of people who still make you angry, frustrated and resentful.

   Pick a name from your list and create two columns. In the first column, write down about your hurt, pain and rage. On the second column, list the reasons why you still care for that person. Also add your desire to forgive.

   The next step is to find a safe place to burn the list. As you burn the list, state the person’s name and your intention to let go and to finally forgive.

3. **Make and maintain a life log.** This step lets you take full responsibility for your own life. Write down what you do all day so that you can have a clear picture if you are doing activities that perpetuate your fears.

No Complaining
People regularly make fear-based complaints. They complain about anything and everything - the weather, traffic, getting older, etc. A person who is living life fearlessly makes a conscious effort not to complain. He turns challenges into opportunities and makes the best of every situation.
Complaining vs. Venting
Sometimes you need to voice out your frustrations about a very upsetting situation and you
need some positive feedback and support. This is called venting. Venting is a positive and
productive process that helps you clear your head and come up with a solution.

Complaining on the other hand keeps you stuck in the complaint, and never beyond it. When
you complain, you don’t look for solutions or seek feedback.

Rules on Venting

1. Pick a venting partner who is supportive and trustworthy.
2. Explain that you need to vent about something and ask your partner if he is willing to
talk.
3. Set a limit on venting time.
4. Explain that you need someone to listen and not to give advice.
5. Get everything off your chest at the allotted time.
7. Ask for support if you need to be reminded that you are okay and that you’ll get though
the negative situation.
8. Thank your partner for his time and support.
9. When you are finished, change the subject or hang up.

If you want to give up complaining, you must be willing to turn every negative situation or
experience into opportunities.

Rules for Gratitude:

1. Write down five gratitudes a day.
2. Use the present tense.
3. Eliminate the use of the word not.
4. Be as specific as possible.
5. Gratitude can be about your accomplishments, events, about things other people do,
etc.
6. Gratitude does not have to be grand and important. It can be significant events.
7. Pick an area to start
8. Be aware of your feelings.

No Beating Yourself Up
One self-limiting behavior is “beating yourself up” because you think you should be behaving or
working differently. Putting yourself down keeps you on your Wheel of Fear by destroying your
self-esteem, courage and confidence.

You must remember that no one is perfect and that everyone makes mistakes. Living fearlessly
means that you are able to learn from your mistakes and meet challenges positively.

Accepting Compliments
Accepting compliments are often never easy. Most people think that by accepting compliments,
they will be perceived as selfish or arrogant.
Compliments are gifts. They are opportunities for you and another individual to connect in a positive way. Learn to accept compliments unconditionally. If more than one person has seen something positive in you, accept the trait or compliment as true.

**Acknowledgment**
The key to lifting yourself up is through acknowledgment. It is a way of giving yourself “credit” for things you have done. It fuels your confidence and self-esteem.

Acknowledgment is an amazing tool of self-discovery. It gives you the ability to increase your self-awareness and validates your achievements.

**How to Make Acknowledgment Work for You**

1. Write at least five acknowledgments everyday using the present tense.
2. Begin acknowledging yourself in the area of your life that you have chosen to focus on.
3. Frame acknowledgment in the positive.
4. Be specific.
5. Keep track of what is easy to write down and what is hard.
6. Speak your acknowledgments aloud - both to yourself and to someone you trust.
7. Ask a member of your Fearbuster team to listen to your acknowledgments.
8. Start expanding this skill by acknowledging others.

**The Fearless Path**
Fearless living is about having the courage to take risks. You must not fear change or failure. You must learn to live your life without regret.

Fearless living is about learning to take R.I.S.K.

**R - Release your attachment to outcome.** It is not about winning or losing but having the courage to try something new.

**I - Invest fully in your intention.** Accomplishments happen when you invest fully and purposely in yourself.

**S - Stand for truth.** Stand for your essential nature and focus on gratitude and acknowledgment instead of complaints.

**K - Keep kindness a priority.** Learn to love yourself through any situation.