



# Strategies to Conquer Fear of the Unknown

## Strategies to Conquer Fear of the Unknown

Worrying about what the future holds is one of the most common fears. Often times you're anticipating the worst while, at the same time, realizing that ***a life in fear is not very pleasant at all.***

Fortunately there are certain strategies you can use to conquer your fear of the unknown.

**Try implementing some of these techniques to conquer your fears:**

- 1. Think about the outcomes.** When you're approaching an unknown situation, it helps to ***make a list of all the possible outcomes.*** Some of the results may be good and some not so good, but feeling like you have just a little foreknowledge about the future will help to ease your fears.
- 2. Clear the mind.** Make an active effort to clear your mind. One of the reasons you feel fear is that you're worried that something bad is going to happen. This could be because of a situation from your past that you've projected into the future. You need to take these thoughts off the table and ***approach your fears with a clear head.***
- 3. Take positive steps forward.** It sounds easy, but it may be difficult to put into practice. Strive to visualize everything turning out positively. ***If you concentrate more on the positive aspect, you can actually turn your fear into excitement.***
- 4. Study fear.** Fear has a real purpose in appropriate situations. The experience of fear makes your heart rate rise and you're better able to escape threatening situations. However, humans have built many unnecessary and non-life threatening fears. Once you realize that these types of fears serve no purpose, you'll be stronger for it.

5. **Talk it through.** You might be feeling alone with your fears. It helps to talk through your problems with someone close to you. Perhaps it'll help to discuss your fears with someone who has experienced a similar situation. ***Just knowing you're not alone can ease your fear,*** even if the person doesn't have any especially helpful advice to give.
6. **Start small.** If you're afraid of the unknown in a general sense, starting small will help reduce your fear. Instead of tackling a seemingly huge insurmountable task, just try doing something small first. Break out of your comfort zone for a little bit and try something new you've never tried before.
7. **Give up control.** The future can be frightening when we think we must control every aspect of it. While there are certain actions you can take to maintain some kind of control, there are many things you have no control over. ***When you accept that the future will be what it will be, regardless of how you feel, it may not seem quite as scary.***

### **Present Thinking**

When your thoughts get caught up in the future, whether it's the near future or the distant future, it clouds your current situation. If you're especially fearful, ***take a step back and focus on what is going on in the present moment.***

Your present thinking automatically allows you to take things one step at a time. If you're currently doing the laundry, for example, the only thing you should focus on is getting stains out or putting clothes in the dryer - or positive things you look forward to. Brush other worries away and live in the here and now.

This isn't to say you should never think about the future. ***When you think about the future, do it with a clear head and positive thoughts*** and without letting the fears bury you.

Following these strategies can alleviate your fear of the unknown and bring you a life full of enthusiasm for the future instead of fear. What a difference this can make! And there's no better time to start than the present. Go for it!