



Pause With Purpose

...to refresh

...to grow

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Fear and Faith

What are you afraid of? Everything? Nothing? Just certain things or situations? Fear itself is a natural part of life. It serves us by alerting us to real danger, but it also can sabotage us by freezing us in place. Fearfulness is, in fact, one of the major reasons why New Year's resolutions are dropped long before they have the opportunity to grow into fulfillment. Great ideas ... inspired intentions ... wonderful goals ... abandoned in a flood of fear. What's going on here?

Consider for a moment just two possible fears that can accompany a decision to change. First for all, there is the classic fear of failure. Actually, it's not the failure that is feared so much as what might follow the failure. What follows is often some kind of loss - loss of self esteem, loss of reputation, loss of respect, loss of image, or power, or value, and so on. Anticipating such losses creates further fear that those around us will reject and abandon us because we are such losers, leaving us isolated and alone.

Then there is the fear that we actually will succeed. When we succeed, things really change. We leave the familiar and enter the unknown. What if we dislike what we find or can't handle what we achieve? What if we show our self

to be incompetent, weak, or inadequate to maintain the change? What will others think of us? What will we think of our self?

Founded or unfounded, these fears, doubts, and insecurities are real. They reflect both our deep desire for security and connection, and the obvious limits of our power to guarantee them. So what can we do?

First, let's get real. Let's get real about what we can control (our self), and what we can at best only influence (everything else). Let's recognize that we need not control everything, since we actually have the strength within us to handle life, even with it's undesirable parts.

Let's get real about what's truly important to us, and why it is important. Let's experience the energy of those convictions and ride it all the way to the changes we want to see in our self and our life.

Let's get real about who we are, the gifts we possess, the value we carry, and the powerful purpose that gives meaning to our life.

In short, let's have faith in our self, and expose the decades of lies that would try to deny us that faith.

Second, let's build some faith in something bigger than our self. After all, the world we can't control is much larger than the world we can control. That leaves a lot of life beyond our ability to direct, correct, or often even understand. The strength of our spiritual faith will determine whether our limited power leaves us in a position of fearful vulnerability, or in a position of confident trust.

While spirituality has a wide array of meanings for different people, the key here is the faith, the confident trust, in a benevolent Creator who is intimately involved in our life, who cares for us like a loving parent, and who has a plan for each of us.

This kind of faith has the power to carry us beyond the limits of our own wisdom and strength into the security offered by the Eternal. Such faith is not a vending machine for wish fulfillment, but rather a confidence that what lies beyond our control and comprehension need not threaten or dominate us.

Faith in our self. Faith in the present, loving power of our Creator. That's a powerful combination, just the kind we need to walk through our fears into the change we desire.



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CONTACT INFORMATION

Your thoughts and comments are warmly welcomed. I would also be happy to share with you more about life coaching and how it can assist you to design, accomplish, and maintain healthy life change.

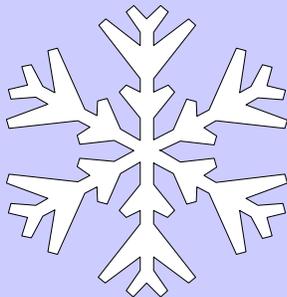
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Powerful Connections

What do you desire most?
What would you most fear to lose? While the answer to these questions is very personal, I have found, over the past 30 years of working with people, a consistently reoccurring theme. Much core fear centers around the potential for rejection, abandonment, and isolation ... the loss of secure, respectful, loving relationship.

While we endure physical loss with varying levels of grace, the loss or absence of meaningful connectedness wounds our soul and effects our being at multiple levels. Babies fail to thrive when ignored, and children of all ages seek the attention of those around them. Likewise, we adults are most healthy when we experience secure, loving relationship.

So I encourage you. Seek to build and maintain the kind of relationships that nourish your heart and soul. It will require the risk of opening up, reaching out, and receiving - with acquaintances, with friends, with family, and with your God. That's right ... don't forget your spiritual connections, too.

Happy
Valentine's
Day

"Never will I leave
you; never will I
forsake you."
-Hebrews 13:5