



# getunstuck

*Stay Motivated, Play Large*

## Module 6 Fear of Looking Bad

Can you see a place in your life where you fear looking bad or as I mention in the Getting Unstuck Audio/E-Book “feeling bad”? Anytime we want to grow we risk giving up (or so it seems) control and venturing into the unknown. The reality is we give up control when we can’t see we’re being controlled by our fear and doubt. We broker our power over to fear and laziness whether we know it or not. The reality is laziness is a symptom of fear because somewhere usually long before we can remember we smothered our potential as creators and began to move into apathy. We did this because it was seemingly easier than facing the discomfort we feel when we engage our true potential. In addition our primal brain will ALWAYS choose the less risky option. Be honest with yourself and fill in the blanks below.

One thing I always wanted to do was to

but at one point I stopped thinking about it as

much. I guess it’s because I

Occasionally I will buy a

so I can feel a little better at least for a little while.

Occasionally I will eat a

so I can feel a little better at least for a little while.

Occasionally I will  
else.

so I can take my mind off of everything

We’re all comfort (or safety) addicts but like any addiction some are worse off than others. Some people have surrendered even their physical health just to get another bite to eat, another drink, another high. What we often don’t see though is the impact our “addiction to staying comfortable and playing it safe” has taken on our potential. Many people are completely blind to how the fear of looking bad has limited their possibility in life.

List 3 things that though seemingly awkward and seemingly impossible right now, you can take on. 3 things you’ve been wanting to do for a long time but have avoided because the effort or the fear of looking bad.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

Choose one of the 3 things above and list the first 2 action steps to achieving this goal below.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_

When will you have these 2 steps completed?

Date -

Recognize that the only way you will ever know if it will work out is if you try. Also be careful to change your psychology from “well I can’t because” to “I can because”. Learn to spin your thoughts in the “positive”.