

FEAR OF DATING

A while back I realized that if I was ever going to find a lifemate, I would have to become proactive in the process...you know...actually DO something.

Frankly, the very thought of dating again terrified me. Yet, I didn't want to spend the rest of my life alone, watching movies of other people having fun. So, how could I overcome my fear, and go about meeting new prospects?

If you think about it, whenever we're afraid, there's something we don't want to experience. In this case, it's probably rejection. And here's a key: The greater our resistance to experiencing something, the greater our fear. This means we actually create fear, in our unwillingness to feel a certain way. Conversely, the more we are willing to experience something, the less our fear of it.

Am I suggesting that we create a willingness to be rejected? Absolutely! Be totally willing to experience rejection over and over again. Does this sound masochistic?

It's not. In our actions, set up life to succeed. Anticipate success. But in our hearts, be totally willing to be rejected. When we are truly willing to experience the worst, our fear takes a hike, and we can start having some fun. What a concept! How might this look in real life?

Scenario #1: You're at a party. There, across the room, is someone you would really like to meet. As you move a little closer, guess what comes up? Fear! "What if I say something stupid? What if they think I'm a jerk? What if I spill my bean dip?"

On second thought, you decide to flip through a magazine. No risk. No results.

Scenario #2: You're at a party. There, across the room, is someone you would really like to meet. Those same fear-based reasons to quit, stampede through your head. But this time you are aware of the process.

"Yes, maybe I'll fumble my words. Maybe they'll think I'm a nerd. And there's life after spilled bean dip!"

You create the willingness to fail, then move forward anyway. Remember, feeling fear doesn't necessarily mean stop.

Scenario #1 is about backing down from the directives of our heart. As a way of life, this philosophy will cost us our confidence, our vitality, and what we truly desire. Scenario #2 is about stepping into the promise of life. It's about going for it. It's about expanding our personal power, our dignity, and our joy.

So whether we like it or not, we get to choose. Do we wait for fear to leave before we move forward?

Or do we feel the fear, and go for our dreams?

Personally, I'm going for the gusto. See you at the party!

**To purchase the entire book
'Outrageously Fulfilling Relationships'**

[CLICK HERE](#)