

Legendary Love. Module 3. Lesson 20. Fears Can Challenge Your Relationship.

Fears Can Challenge Your Relationship.

In the last lesson you learned about fun games or rituals which, when done daily, will strengthen your relationship. The lesson before that was about games which can separate you from each other.

In this lesson, you'll address fearful feelings, often long-standing, which can cause complications in what you and your partner have. You'll examine two basic fears and learn some strategies on how to handle them.

Fear of Rejection

Fear of rejection is irrational. Know "irrational" isn't a negative word. It just means that your fear is not based upon thoughts and facts. All feelings are irrational, even love.

With fear of rejection, you have the irrational fear that people aren't going to want to have anything to do with you because of what you believe, how you look, what you do, or other criteria.

Fear of rejection can interfere with every relationship you have:

- You'll be reluctant to join groups.
- You'll stay away from new friendships.
- You'll be tense and nervous because you're waiting for people to tell you they don't want you anymore.
- You'll avoid being emotionally intimate with your partner because of fear they won't like who you really are and then leave you.
- Because of your fear, you might misinterpret comments or actions your partner makes, causing tension between you.

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Fear of Abandonment.

Abandonment fears usually come from a loss you experienced in childhood. This could be the death of a parent or primary caregiver, or divorce of parents. Not having the emotional care and nurturing needed as a child can also lead to fear of abandonment.

Fear of Abandonment Shows Itself in Many Ways

The fear revolves around being left by the significant people in your life.

This fear can result in:

- Not wanting to be abandoned, you're reluctant to enter a relationship.
- Being clingy when in a relationship because you don't like being alone
- Being jealous for no reason because you're afraid someone will take your partner away from you
- You can be controlling - keeping track of your partner and their actions.
- You emotionally distance yourself in the relationship, so you won't hurt as much if your partner leaves you.

Strategies to Overcome Fears

There are a number of ways to overcome fear. They range from cognitive therapy, to hypnosis, to energy healing, to affirmations. For some people, one method works wonderfully. For others, a combination of methods is needed.

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Try these strategies:

1. **The first step is to realize what fear is: False Evidence Appearing Real**
 - Fear is based upon something which happened in the past or something you think could happen in the future.
 - When in fear, you're not in the present. People report that when a car is coming right at them, or a loved one is dying, they rarely feel fear. They're right there in the moment.
2. **Understand that fear is an energy.** Consider the word "emotion." Energy in motion.
 - **You can locate the energy in your body and change it.** Locate where you feel the fear in your body, then focus on it. If it moves, you move your focus with it.
 - Observe how the fear in your body changes as you focus on it. Keep at it and the energy of the fear will disappear.
3. **Be aware of and acknowledge your fear.** Trying to push your fear away intensifies it.
 - When you acknowledge your fear, you can change how it feels. If you deny it's there, it simply hides and then does a sneak attack, increasing its strength.
4. **Breathe and Focus.** Anyone can do this. Take a deep breath and focus on the center of your chest. Research shows the body calms when you focus on what is known as the heart chakra in the center of your chest.
 - The breath resets your nervous system. The focus brings you into the present.
 - **When you go back into fear, bring your focus back to your chest.**

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5. **Form a relaxing image in your mind.** Engage all your senses: colors, shapes, tastes, smells, and feelings.
 - When immersed in your image, your attention is upon your image and not your fear. Your brain thinks that's where you are.
 - Breathe deeply and focus on your heart to increase the effectiveness of your image.
6. **Use affirmations or mantras.** These statements or words build you up and reinforce your strength and ability to handle life.
 - **An affirmation is a statement which involves seeing, hearing, and sensing what happens in your life when this is true.**
 - **A mantra is a statement you keep repeating.** It's the words of the affirmation without the experience of engaging your senses to experience the results. For example, "I can handle anything which comes to me."
7. **Use Reflective Listening to talk about these fears.** Your partner can respond in a reassuring manner.

Learning to handle your fears will enhance your relationship. Instead of there being tension due to your fears, you can have a peaceful and joyful relationship.

Summary

Fearing rejection and fearing abandonment are two fears which directly interfere in your relationship with your partner. With both fears you are hypervigilant that your partner will either abandon or reject you. You now have several strategies you can use to alleviate these fears.

In the next lesson, you'll review the high points of this module, so you can integrate it in your life.

Before you move forward, however, please take a few minutes to answer the following reflection questions.

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Reflection

1. Describe what “False Evidence Appearing Real” means to you.

2. What are your greatest fears about your relationship?

3. Write three mantras or affirmations you can use when feeling fearful.