

MAKE MORE MONEY AS A DIETITIAN

EP.154: Dialoguing With Fear

Intro

[00:00:00] Welcome to the Make More Money as a Dietician Podcast, where we talk about all things, money, mindset, and marketing. So your nutrition business can thrive and you can make a bigger impact in the marketplace. I am your host, Christine Dyan, registered dietician and money mindset expert. Let's get started with today's episode.

Episode start

Christine: Hey there, my dietitian friends. Welcome back to another episode of Make More Money as a Dietitian. This is episode 154, where I'm going to share something really special with you in regards to dialoguing with your fears. Did you know, my friends that you can actually have a dialogue with your fears when they come up, that you can actually sit with fear and have it let you know what it is showing up to teach.

[00:01:07] That is what I want to talk to you about today because a lot of us tend to wallow in our fears, allow our fears to control our actions. And then we end up not getting the results that we want in our careers and in our lives and I'm just here to let you know that fear is an emotion, just like any other emotion and it is there to teach us something and to also help us navigate through our life journey. If we didn't have fear, then we really wouldn't be experiencing our human lives in a way that is a yin and yang process and fear really is helpful to us, even though it can be annoying. Like I totally understand that fear can be annoying, especially when we don't know how to manage it.

[00:02:18] And it can really hold us back from achieving all of the great things that we are meant to achieve in our lives, not just in our businesses or in our careers as dietitians, but in our lives. So, first and foremost, I want to talk to you about... I'm going to give you first and foremost, the definition, my definition of fear.

[00:02:47] So fear is a stored memory, or even a series of memories that's associated with a threat to your survival. Now, guess what? Y'all not many of us have threats to our human existence on a regular basis and that should be a comfort because that just lets you know how irrational fear can be for most of us.

[00:03:20] Okay. Fear is super helpful. Like when we are in a in a position where our lives are on the line, then fear is helpful. Right. But how often does that happen to the majority of us? Fear is created by these outward experiences that actually activate your nervous system. So if you're always on alert and feeling afraid, then just know that your nervous system is always on and that is not a good thing.

[00:04:01] Okay. And I want to let you know that the shame that we have around fear is actually more potent than the fear itself. Okay. So when you're feeling shame around a thing that you are afraid of, that is more powerful than the fear itself and fear often doesn't present itself as fear and often will present itself as what I call or what one of my previous mentors would call a reasonable reason. So what that means is that when you're afraid of something, when you are afraid of putting yourself out there on social media, you will... and that's just an example, right? So if you're afraid of putting yourself out there on social, then you'll come up with all of the air quotes, reasonable reasons of why you cannot do that.

[00:05:04] So, You know, they're not reasonable, they're irrational. Like you literally can do anything that you want to, but you have a choice. Okay. And our fear as adults is often rooted and activated by or related to our inner child fears. So a lot of times we can connect the things that we're afraid of doing to our inner child and the fears that we had when we were younger.

[00:05:38] So these are things that I want you to really think about the shame that you have around fear and how often you create reasonable reasons around why you are afraid to do something. And then also think about the fears that you currently are experiencing around your career specifically and in marketing your business, or even starting a business.

[00:06:12] What is it about those things that you can connect back to your experiences in your childhood? I also want you to know that there's always something to risk when you're working on overcoming your fear. This is normal, and you have to be willing to take risks. Even as a business owner. It is so important that you get comfortable.

[00:06:39] With taking risks. I believe that if you are not comfortable with taking risks, you can just decide to become comfortable with it. You can decide that you're willing to get comfortable with it, but if you aren't willing to decide that business ownership is not for you. Okay. The only way to work with fear effectively is to have this dialogue with it.

[00:07:14] That is what is really important for you to do this deep inner work and have a conversation with your fears is the way to work with it. Like to, always say that we can overcome our fears or sometimes we talk about, we can overcome our limiting beliefs because that is not true. Fear is an emotion and there is no way to overcome fears. There is just a way to work with. The fears that come up. Okay. So let's just normalize dialoguing with our fears and working with it so that we can get what we want in our lives. Right. So here are 12 types of fear that I want to share with you that I think will be super helpful for you to just make note of. And of course you can take notes, literally, if you want to, but I just invite you right now to just listen to these 12 types of fear.

[00:08:27] So the first one is the fear of failure. We're all pretty familiar with that one, I would think. And the second one is fear of not being good enough. I have heard this. A lot within our dietician community. So I'm sure that those of you who are listening, there's a lot of you listening who can relate to that fear of not being good enough. Or what about the

fear of not knowing how to do something or how something will work out? You know, a lot of times we're trying new things and we are afraid that we will mess it up because as dieticians, we have been trained to make sure all of the I's are dotted and all the T's are crossed and it has to be perfect. So what if it doesn't work out? What if I show up and I don't know how to do something? That is one of the common fears in our community as well.

[00:09:31] Now, the fear of success, this is the fourth one, super common. A lot of people have a fear of success. It is the opposite of the fear of failure. And for me, this was a big one for me, the fear of success I had to really work on this one. So. It wasn't so much about me failing, but what if I succeed? And I had all of these different thoughts about what if I succeed and they were not positive thoughts. So I really had to work on that. And maybe that's you too.

[00:10:09] Number five is the fear of being seen or being visited. Okay, because maybe you're, you are concerned that if you are visible, then you are left wide open to criticism. I just want to tell you my friends, people will criticize you regardless. Okay. Now, number six, the fear of not deserving, what it is that you want. Maybe you have this fear that you may have that you don't deserve what you want, and you have all of these thoughts around why you don't deserve the nutrition business that you want. You don't deserve to get paid. So many fears around that.

[00:10:58] Number seven is the fear of losing connection with yourself or your loved ones. This is a deep one. I hear this one a lot. So many people have the fear of losing themselves or maybe their loved ones. If they become too successful, super common.

[00:11:22] Number eight is the fear of surpassing a loved one. Okay. Maybe it's someone that you feel that you're loyal to. Maybe it is your partner, your spouse. If you get too successful, you may outgrow that person. Okay. Number nine is the fear of getting hurt, not necessarily only physically, but emotionally and mentally very calm.

[00:11:50] Number 10 is the fear of not being liked. Ooh, big one. Especially in this social media world that we live in, there's so much about being liked online. So what if you post something and someone doesn't like it and you get a hater there's fear around that.

[00:12:17] Or what about number 11? The fear of having others get angry at you? Ah, that's a big one, especially with women. I would say. We always want to keep the peace I feel and we want people to or we don't necessarily like confrontation. And so you want to just people please. Okay.

[00:12:45] And then this 12th one is the fear of harming others. So if you take action, some it will somehow harm other people, maybe not physically, but in the way that you may be thinking about it, you may have a fear that you could harm someone else. So these are the 12 types of fear. Yeah. It's a lot. Right? And it's no wonder that you or people in general can

get held back when they are believing that these fears are totally rational and their thoughts about what it is that they're afraid of are rational thoughts, but I'm here to tell you that you can work through these fears. And it's really important that you do because fear will literally handcuff you and keep you stuck in a position that you don't want to be in.

[00:13:46] So it's really important to number one, become aware of what these fears are. Okay. Number two. I want you to understand your fears and see how they are actually working in your life and how you actually react to fears. Okay. And number three is get comfortable with dialoguing with your fear. Learn how to speak with, and to these fears that come up, if you are not moving forward in your career as a dietician, I can almost guarantee you that there are some underlying fear somewhere.

[00:14:36] Okay. Now ways that you can dialogue with your fear is through visualization. Some people would rather draw things out. You know, if you're really creative, you can draw and dialogue with your fears that way. You can journal, which is one of my favorite ways. I love journaling and dialoguing with God and even fear. And you can dialogue with your fears through journaling. You can even have a quick Q and A. With your fears, believe it or not. Because a lot of times we will say, well, what if dot.dot happens? And you can wait and give yourself the answer, or you can allow fear to give you the answers.

[00:15:37] So I want to give you an example really quickly of what this visualization process is. Now you can do this visualization with me right now. If you are in a place where you can sit and get quiet and do this visualization. If you're driving, of course, you're not going to do this visualization right now, my friend, but come back to this and listen to it again. I also want to invite you to utilize this visualization process more than once.

[00:16:18] Don't let this be, that you listen to this once and you're done. You can download this and use this visualization process over and over and over again. Just remember that the visualization starts around 16 minutes and 45 seconds or maybe just go ahead and get started by fast forwarding to 17 minutes even. Okay. So let's go ahead and get started with our visualization.

[00:17:02] Okay. My friends let's get started by having you take a deep breath in first and foremost. So deep breath in and exhale. Let's just have you relax a little bit into this visualization process. And right now, I want to invite you to close your eyes and feel your seat beneath you.

[00:17:39] Allow yourself to settle into your seat, keeping in mind the ground underneath that's there to support you. Allow yourself to settle in and start tuning into your breath.

[00:17:59] Just inhale and exhale normally, which is really tune into it, pay attention and just know that by tuning into your breath, you're tuning into your body

[00:18:22] Slight inhale. And exhale.

[00:18:31] And as you inhale and exhale, I want you to bring the breath all the way down to your toes and then use the breath to move all the way through your body. Use the breath to come home to yourself.

[00:18:55] And as you breathe in this way, and you become more aware of your body, I invite you now to locate the part of your body where your particular fear lives, where in your body does the fear that you identify and have experience with the most live. Now you don't have to overthink this, just feel it out. And you may feel a little tingling sensation in your belly or tension in your shoulders or your back.

[00:19:50] I want you to feel where your inner wisdom is directing, where the fear is in your body. Now, wherever you've located, the fear in your body, allow yourself to focus in on that part of your body, where the fear lives in the side of you. And over the next two to three breaths. Send your focus to that part of the body where their fears inside of you.

[00:20:25] And I want you to just breathe right into that place.

[00:20:32] Get really connected, right. Where it is be in that place. So often we run away from fear. We hate on fear. We reject fear, or we pretend like fear doesn't even exist. This is the moment to do the opposite of that. This is the moment to connect with fear, to be with it peacefully, without struggle, but with intimacy now, as you connect with this part of your body, almost like a detective, I want you to get out your magnifying glass and your flashlight.

[00:21:32] So if your eyes aren't closed, I want you to close your eyes and I want you to go right into the part of your body, where the fear is living. And I want you to look at fear. What does fear look like inside of your body? Does it have a color? What color is it? Does it have a shape? What shape is it? Is it a particular image?

[00:22:12] What is that image or is it just more of a nebulous type of energy now don't lose your breath. Continue to breathe. Breathing right into that part of your body, where the fear lives.

[00:22:37] And next, I invite you to connect even more deeply with the fear and take it in with all five senses. So not only what does the fear look like, but does it have a smell? What does it smell like? Is it hot or cold or is it lukewarm? What does it feel like when you touch it? What does it sound like? Or is it silent now is the time to get as much information you can about this fear as it lives in your body.

[00:23:24] Now's the time. To take it all in and with your next breath, I want you to connect even more deeply with fear. Let the fear know that you're here to learn more about it. Ask your fear a series of questions. And ask you as you ask the fear. I want you to just take it in. So simply ask fear. How long have you been with me?

[00:24:04] How long have you been in my body? What does fear tell you? Is there a particular event or series of events? That have brought you into being what is fear, letting you know as fear? What is the purpose you have served in my life? What wisdom is fear sharing with you now?

[00:24:43] I want you to also ask beer and his highest self. What is it that it wants for you? What does fear truly want for you? What is he sharing? Is she sharing with you now?

[00:25:08] This is the one of the most important questions to ask. Okay. Ask fear. What part of myself do I need to activate in order to move forward with my goal and not be so scared?

[00:25:30] What wisdom is fear sharing with you now?

[00:25:37] What part of yourself do you need to act? In order to move forward with your goal and not be so scared.

[00:25:52] Now, take a moment, take a deep breath in and exhale.

[00:26:08] And now take a moment to be in gratitude. For how your fear has served, you be in gratitude for its existence. And then thank the fear for its wisdom.

[00:26:32] Now take a deep breaths in and out.

[00:26:39] Regular inhale and exhale. And on your final inhale, allow yourself to come back to the present moment.

[00:26:55] Welcome back my friends. I hope that through this visualization and this dialogue with your fear. That you have gained some inner wisdom around how fear is there to support you and even more. So what did fear let you know about yourself and what you need to activate within your site? In order to move beyond the fear and to keep working towards your goal.

Conclusion

[00:27:45] I invite you to jot that down and now do the work. The work moves forward. My friends, and as I said at the beginning, I think it's really important that you continue to come back to this visualization process, because at the beginning of this episode, I shared with you 12 types of fear. So there are moments upon moments upon moments that will continue to show up for you.

[00:28:31] To be able to gain the wisdom that you need from your fears. And this is how we continue to move forward. My friends, we have to dialogue with our fears and we have to be friend our fear. Remember that you can befriend your fear because fear has wisdom to share with you. Fear, we'll let you know what it is exactly that you need to be working on

and that what you need to activate within yourself so that you can continue to work on what it is that you want for yourself.

[00:29:14] So I hope this has been a tremendous help and a support to you. Allows you to see that everything in your life is working for you and not against you. That said for today's episode, my friends have a great rest of your week and the weekend ahead. And I will see you on the next episode of make more money as a dietician before.

Outro

[00:29:47] Hey there. Do you want to make more money as a dietician then head on over to our website@manipuracentre.co again, that's Manipura Centre.co, where you'll find free resources to get you started. And if you are so into. Get your name on the wait list for an upcoming incubator program.

[00:30:12] I hope to see your name on the list so that I can help you get started making more money as a dietician. .