

Fear of Success or Fear of Failure

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Fear is one of, if not, the most common denominators in working with clients who want to be successful or receive more money or have successful relationships. Or, it can be YOUR biggest block to your own successful practice.

There can be many different fears to work with and release before you or your client can truly experience a difference in your/their lives. Or, the fear can just be released with ease and grace. If a client is extremely motivated and really wanting to achieve something that has appeared out of reach, EFT is a wonderful tool to achieve the vision/goal/expectation whatever that is.

It is important to check the client's motivation levels. How much do they want to achieve? Why do they want to achieve it? Clear cut goals like "I want to earn.....by the end of the year" can be a simple matter to find out: Why? Often, the goal is not the objective at all – the problem lies in a value (a really good feeling that is intrinsic to your client – like fun or peace) that is missing from their lives. Your client may want to earn more money to have a holiday but on exploration what we find is that what they really, really want is more relaxation or more joy in their lives. Pictures of palm trees, long, white sandy beaches evoke a pleasant, relaxing feeling in the body. However, we can feel those feelings without having to go on a holiday. I have a 5 minute 'holiday' technique which I will share in another article, which is extremely effective.

Let's look at the most common fears of Success:

- I am not good enough
- I am not smart enough
- It is too much responsibility
- I won't have any time for myself
- People will want too much of me
- I cannot be more successful than....Dad, Mum, sister, friends, etc.
- I won't be liked or loved if I am successful
- I will sabotage myself to prove how undeserving and unworthy I am

- Only good people are successful, or
- Only greedy people are successful
- If I am successful I will have to stand out...
- I can't achieve whatever I want because...
- My whole life will change and I might not like it
- I don't know who I will be (identity crisis)
- I won't have anybody to blame or complain about any more
- I won't have any excuses.
- I just don't know how to.....(this implies a skill which needs to be learned like using a computer or negotiating room hire rates)
- I will just keep procrastinating otherwise.....
- You or your clients do not really **WANT** it.

List all YOUR reasons you fear you cannot be successful or earn £.....by the end of the year. Be truthful with yourself so you can reach your core beliefs. **Make sure your goal is realistic.** I once worked with a client who wanted to receive a £1m by the end of the year but her goal was too impossible and we had to re-set it so that it did not feel out of her reach but challenging enough to feel motivated enough to work towards it on a daily basis.

Consider the decisions you made within the family when you were young. What conversations did you hear, about lack, or there's not enough, within the family? Did you grow up in the war years when food was short and petrol was rationed? How is the current economy affecting you now? Do you REALLY believe in the recession or are you buying into the idea that we are in a recession? Look at your life. Where do you have evidence that you are in lack?

The quicker you tap away the limiting beliefs and feelings the quicker you will feel clear enough to make better decisions that will serve you. Are the decisions you make now in your adult life from a position of fear or lack? List the negative beliefs about money and success. Tap those away. Notice whether you worry or are listening to the same news on the radio or television every day. The more negative news you hear the more you believe it and it becomes real for you. You will act out those beliefs as if they are real. When you finally clear them you will fully understand they are just like believing in the tooth fairy: Beliefs handed down to you by parents, teachers, and the media which you have taken on board and see as

the truth. Such beliefs, unexamined, become your truth; they become your self fulfilling prophecy. These beliefs may not be helpful to you in any way; they are now just writing on your walls put there by well meaning adults who were trying to keep you safe – often with the best of intentions.

Take a close look at any belief that is not working for you. Find specific events where these beliefs were born; score their intensity on a scale 0-10 and begin to clear them one after another. I spent at least 20 minutes per day doing this work for success. It really does pay off and requires commitment, perseverance and determination – especially when you are feeling “tapped out”. But, it can be done. You just have to really **want** what it is that you are focused on and do not have right now. **Wanting** something keeps you highly motivated and not having any money or success or peace or a wonderful relationship can be a big motivation for you.

Fear of Failure

Your fear of failure is usually developed at a very young age. Sometimes it is learned before you go to school. Where simple tasks you achieved never received a word of praise or encouragement or indeed congratulations or a “well done”. You only heard criticism when something was not done well. You then begin to avoid anything where you would be challenged or stretched in any way for fear of failure. Failing hurts and is disappointing for you and your parents. You feel that you work harder and harder to get that love and approval that you really want but it always feels just outside your reach.....these feelings can lead to high levels of achievement and can work in a powerful way or they can stop you dead in your tracks. That little voice inside sounds like:

- I can't do this
- It is too difficult
- I don't know how to
- I'm just not clever enough
- I'm afraid of failing so what's the point?
- I will never get it right
- I will never be good enough

You, or your client, may give up before even trying.

In my experience it is about making a list of all the times you failed. If you can't remember those times don't worry. Write a story about the "Child who always failed or never got it right". You are telling yourself the story anyway in your head so why not get it out on paper – seeing it in black and white can sometimes be a reality check on your beliefs. **Find the specific beliefs (decisions) which you made to make those beliefs real and begin to tap on a daily basis.** Another way of clearing your energy field is by working in your body. **Notice the feelings you have when you think about failing.** Where are these feelings in your body? Score them on a scale 0-10 and tap. It is just like a recipe for a wonderful meal. You just need to know the ingredients. What are the ingredients that are making up your fear of failure?

Begin to take 100% responsibility for your feelings. This can be the key to clearing any negative beliefs or decisions. After all, nobody made you make those decisions, you probably decided on them yourself after being hurt or upset. Of course you did it all unknowingly, none of it was conscious. However, now is the time to take the bull by the horns. Clear the negative belief it no matter where it came from. Clear any specific event where the debilitating fear of failure was born.

Do as much personal work as you can and then reach out for a practitioner to help you with the beliefs and feelings where you are really stuck.

Lastly, remember you can Be, Do or Have whatever you like. You just have to believe it 100% and put it into action. Without action, you can have all the positive beliefs you like – chances are it won't work. Clear the fears and take inspired action towards your goals. What would be different for you if you took action from a place of inspiration inside of you?

Try it! You can do it!

Ann Ross has a July TeleMentoring Class to improve EFT skills and learn new ones. <http://www.eftuk.net/calendar.htm>

She can be seen in the DVD: **Gaining Your Identity.**

The formula she presents offers ways in which to find identity issues and a model that can effectively direct you and/or your clients to resolving them, and ultimately "finding who you really are."

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