

Bouncing Back, Voiding the Fear

By Barbara McRae, MCC

If you want to know how to successfully bounce back from either minor or major setbacks, ask people who have done it. Here are some inspiring client examples:

WOUNDS

When your old grievances and emotional wounds surface, don't pick at them; to bounce back let yourself heal. How? Rewrite your history and make it a good one!

ANGER

When someone is angry with your choices, beliefs, or actions, don't become defensive; to bounce back just listen and conserve your energy. Mostly, their upsets are not about you but about their own inner unhappiness.

ILLNESS

When you're faced with a serious illness, don't ask: Why me? To bounce back, see this event as a wake-up call to adopt a healthier approach to life.

FINANCIAL LOSS

When you've incurred financial loss, don't beat yourself up; to bounce back, identify what went wrong and learn from the experience. Then, begin again.

CONFUSION

When your head is spinning about too many choices to consider, don't impulsively select the very next one; to bounce back, go within, meditate or connect with Nature. With a clear mind, your choice becomes obvious.

ARGUMENTS

When someone argues with you, don't participate; to bounce back, let it go since it takes two to argue. Your emotional control will feel fantastic!

DISAPPOINTMENT

When life is tough or disappointing, don't feel sorry for yourself; to bounce back, focus your attention on doing something kind for yourself, for someone else, and for your community.

And JOB LOSS

When my ex-husband, Michael, and I suddenly both lost our jobs (we were employed by the same corporation!), we didn't get stuck in fear and "awfulizing." We bounced back by looking into the eyes of fear; we voided the fear by trusting our inner resources and believing in God's higher purpose for us.

Voiding the Fear...

Voiding fear means that you've successfully faced it. You see, when you face fear head-on with wisdom, it dissipates and changes the energy surrounding your specific challenge.

Your wisdom (new understanding) PLUS the situation EQUALS the energy of a solution. Further, every time your challenges are met without fear, you are in harmony with the situation; and this is what causes you to bounce back! In this process, each time you void the fear, you become energized and gain wisdom!

The best of success to you!

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P. S. Please visit my new Savvy Success Strategies page on Facebook:

<http://companies.to/savvysuccessstrategies>

If these Savvy Success Tips are of value to you and you'd like to have more support in implementing them to grow your business or yourself

OR you've had similar ideas, but can't seem to get beyond your barriers or blind spots, you could benefit from 1:1 or group Savvy Success Strategies coaching.

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