

Fear, Anger and Moving Forward In Life: Turning The No Of Fear Into A Yes and Turning The Yes Of Anger Into A No

Introduction

The times that we can most move forward in life or most move backward are the times when our emotions and feelings are the strongest. Fear and anger are the two strongest and most common limiting emotions that we have. *When fear and anger are strong are when we can move the most forward or the most backward in our life.*

We've all failed when fear or anger have been there. We've bought into those emotions 'hook, line and sinker,' sinking to a lower level inside us and in our behavior toward another person (usually someone close to us that we love).

We've also all rallied when our emotions and feelings have been very strong and we haven't acted in a reactive way. We haven't increased the hell in our life and in the life of another person. If you want a much better life, use the times of strong fear and strong anger to move forward.

Fear: Turning A No Into A Yes

We feel small when fear stops us from becoming bigger; from taking a risky, vulnerable step forward in our lives. The stronger the fear is, the harder it is to go against the fear. This results in living small.

Fear often comes with a no. Don't do this, don't say that. Take a moment to feel how fear has limited your life and limited your liveliness in life.

Going forward in life is turning fear's no into a yes. It's not easy. The more times that you turn fear's no into a yes, the easier it gets. The more often fear's no wins, the harder it is to turn the next no into a yes (unless you get really sick of living small time after time after time).

Moving forward in life in relation to fear is every time fear's no comes up, turn it into a yes; or at least give some energy and effort toward turning the no into a yes.

Anger: Turning A Yes Into A No

Anger often comes with a very quick yes. Yes to saying something or doing something. This yes from anger can come so quickly that, at times, we cannot stop what comes out of our mouth or the door that we slam. At those times, we've failed.

To move forward when you're in strong anger is to turn the yes of what anger wants you to do or to say into a no. Much, much easier said than done. The more often that you turn anger's yes (lash out, get the hell out of there or shut down) into a no, the more you move forward in life.

Being With Fear And Anger: A Strong Support When Fear Or Anger Come Up

Being with implies two or more. When there is me and fear or anger are also there, then there are two. Then I can be with the fear or be with the anger. This is similar to being with a temperamental person. There is you and there is the person. When I am angry or when I am fearful, there is only one. Myself and fear or anger are one.

There can be two: me and the fear or anger. There does not need to be suppression or repression when there are two. When fear or anger are there, the fear and anger are inside your body; intimately close.

I won't go into how to be with fear and anger in this article. Previous articles address different ways to be with fear and anger; without suppressing, repressing or acting out the fear and anger.¹

Putting Into Action Compassion Rather Than Reaction

Habit is a strong driver. If we have the habit of freezing in fear or lashing out in anger, then that pattern is easy to keep going. Little by little the people in the Thursday group have been working against their reactive habits and building the new habit of more compassion toward themselves and responding more from the deeper love and wisdom that is in the core of each of us.

The people in the Thursday group use support to turn the no of fear into a yes and to turn the yes of anger into a no. They have been kinder toward themselves, breathing into their bellies, journaling regularly, being more present in their Heart and releasing long held and short held emotions and judgements.

This paper is not intended to be a 'how to not get pulled down by anger and fear' paper. This paper was written primarily to alert the reader that the times of greatest forward or backward movement in life are the times of strongest emotions.

I hope that this short paper helps you to live in a more open way when fear says no and when anger says yes.

May all beings live in peace.

Footnotes:

- 1 Some of the previous articles that address how to be with fear and anger are [Five Steps To A Freer Life](#), [Moving Forward When We're In Reaction](#) and [If It's Not Neutral Or Loving, Let It Go](#).