

1

## Finding our fears

Our negative emotions work like clues that we can follow all the way back to our fears. Behind irritation, disgust, stress, frustration, arrogance, anger, sarcasm, self-pity, and anxiety we will find our hidden fears. They are all about insecurity, not being good enough, unsafety, abandonment, inadequacy and its peers. We will find them by asking ourselves why we react as we do, and answering honestly. We note that we choose our reactions. They are never caused by others. We will likely discover that our negative emotions serve to cover up fears we don't like to admit.

3

## How have they affected us?

Now we choose one of our fears and look back in our lives to see how it has affected *our choices*. 80-90% of our choices are driven by fears. This can give us great motivation to get rid of them. What choices would we be able to make without them?

### Wanna know more?

This guide is about the application of MBT (My Big TOE), which is a theory of everything that unifies science, philosophy, metaphysics, mind, matter and purpose of life. It is developed by physicist, scientist and author Tom Campbell. This guide is a personal interpretation of Campbell's work, created by Titti Nordieng. Google/click to find out more from the sources below:

🌐 [www.mbtevents.com](http://www.mbtevents.com) (Events and Resources for Tom Campbell's work)

🌐 [www.mybigtoe.com](http://www.mybigtoe.com) (Tom Campbell's website)

▶ Tom Campbell: Virtual Reality and Consciousness

🌐 [lowentropy.ca](http://lowentropy.ca) (MBT interpretation by Vanessa Wideski)

🌐 More guides like this: [tittinordien.com/#mbtguides](https://tittinordien.com/#mbtguides)

# Fear Strategy

2

## Owning them

When we find our fears, the next step is to own and accept them. Instead of hiding them, we need to stand up for them and take full responsibility: *I'm afraid people will not like me, I'm afraid of not being good enough, I feel insecure, I'm afraid of being abandoned, I'm afraid not to fit in.* We can ask ourselves: *What's the worst that can happen? Can I handle that?* It might be a good idea to give this phase some time. The fears may need some extra care before we get rid of them. We can talk to them, ask them what they need and give them comfort.

4

## Getting rid of them

Now we create a strong intention to get rid of our fears. This means that we're fully committed to work on them on a daily basis. How? It's a good idea to start with a minor fear. Every time we find ourselves reacting to this fear, for example with irritation, we stop and say: *I don't want to react like this anymore, I let this fear go.* If we like, we can use a mental image such as lifting the fear off our shoulders and putting it in a garbage can. This procedure needs to be repeated, maybe a hundred times, to eventually make the fear disappear.

*I'm so annoyed. He is always late.*

*So, why am I disturbed over this?*

*But he ignores me, and can't keep track on time. How hard can it be?*

*Am I sure he's late because he deliberately ignores me?*

*Well, no not really.*

*Is it my business to contempt his behavior?*

*Contempt? Well, that's probably the way I feel.*

*So, where does the contempt come from?*

*Maybe it makes me feel like a better person?*

*Oops, I do this quite often, don't I? I judge people to feel better, but why?*

*Because I don't feel good enough! There is that fear again! Now, I let it go.*

## And then?

For each fear we remove, our life will become easier and happier. Our relationships will improve. We will learn to let people be as they are without getting angry with them. We will be able to handle what we encounter in life in a positive way, instead of becoming a victim or trying to manipulate others and struggle.