

## COLLABORATIVE LIFE COACHING

December 2009 Newsletter



By Jeanne Erikson, PhD

***Courage is not the absence of fear. It is doing what you choose to do even when you feel afraid. Dave Ellis***

Courageous acts require bravery. After age 23, our sense of invincibility begins to fade, and we have to confront the realities of life. Life requires complex and direct actions to face the challenges of a committed relationship, the terrors of childbirth, career “success”, raising children who do reckless and downright stupid things, the aging of our parents, retirement, and the loss of our spouse or partner. How can we improve our courage?

If you are under age 70, you live in the post-sensitivity group era. I expect that you have all read self help books, watched OPRAH at least a few times, and learned to say out loud that you are afraid. You just don't want to be paralyzed by your fears. The trick is to focus on actions. Here are some examples. You can be:

terrified of spiders and wasps, but still choose to mow the lawn.  
cautious about lighting the grill, but still entertain on the patio.  
frantic your dog will get run over, but still take her for walks.  
very wary of getting hurt, but still commit to love and marriage.  
fearful of losing your career path, but choose to have a child.  
panicky about changing jobs, but submit a resume.  
terrified of crashing, but fly cross country.  
have a painful knee or foot, but run a marathon.

Courage is about allowing our feelings and actions to be independent of one another. We don't have to be bullied by our fears, and we don't have to freeze in place. We can limit our fears to a role as wise “advisor” who improves our safety while we act on our choices.

What is the challenge you are facing in the coming months that will require courageous action?

How can you act to become the person you want to be?

I wish you all the courage to take actions toward growth and thriving. Don't waste another year of your potential.

To your wellness,

Jeanne Erikson, PhD, PCC