

The Myths and Magic of Fear



Overview

This is not a complicated report, it has some straightforward simple facts that we all believe about ourselves at some point when faced with a fear or debilitating phobia.

It has no medical basis; it is designed as an educational insight to enable you to understand that what you believe may not always be true. By all means share this report with your Doctor, friends and colleagues.

The myths that follow were gleaned from my working with various clients. The magic is the new understandings we discovered as we went through the learning process.



MYTH - YOU CAN NOT CHANGE IT.

It is a part of who you are, what would the world be like if people could just change any aspect of their behaviour? It would create anarchy, confusion and uncertainty, wouldn't it? It really is a choice, you decide that you CAN make an effort to NOT change it.

So, you just have to accept the facts of life, it is for your own good, stay the same, don't try to change, accept it.

MYTH – YOU WERE BORN THAT WAY.

They say, you were born that way, its part of your genetic make-up, you inherited in from your parents, its in your genes, its impossible to alter. Even if you could get an operation, like cosmetic surgery, where would you start, where would they make the first cut?

Obviously you cant so you just have to go on fearing what your fear, playing the cards you were born with, don't try and change it, accept it

MYTH – THEY SAY YOU ARE STUPID

They also say that you are silly, you can't help it, you just don't have the intelligence. You could never change because you're not really smart enough to know that it is not a real problem. Imagine being afraid of such and such, what a shame, I blame their parents, teachers, education, maybe if they'd paid attention at school then they would be okay



MYTH – THE CURE IS WORSE THAN THE FEAR

They say it is not worth it, the hell that you will be put through to try and make you better is horrific, it far worse than the fear itself, maybe even 10 times worse.

And anyway, the cure might make the fear even stronger so you will never recover anyway, its safer not to try and change, stay the way you are, accept it, its safer, better the fear you know.

MYTH -IT TAKES MONTHS EVEN YEARS TO FIX

After all you have had it for a long, long time, maybe all or most of your life, then obviously it is going to take just as long to undo it, cant be done, you've worked on it forever, you know how to do the fear thing, why would you even want to try and go through months of agonising discomfort trying to change it.

Its ingrained in you, if you try and fix it you will just end up suffering for months if not years, the fears not that bad, just keep it, don't try to change, accept it.

MYTH – IT IS EXPENSIVE

They say it costs too much to change because it has to be such a long and complicated process to try and change it therefore the amount of money involved must be horrendous.

Why pay to fix it, its cheaper just to keep the fear, its not really that bad, is it? Don't try to change, just stay the way you are, continuing to accept it.



MYTH – THERE ARE NO GUARANTEES IN THIS LIFE

You've got it, its a part of you, nobody could guarantee to take it away, what would happen? What would fill the space it came out of? No the best thing to do is keep it at least your guaranteed to know when and how it is going to mess up your life.

The MYTHS mentioned on the previous paragraphs are obviously just a few of the many things people tell themselves and others about there fears, if you have any MYTHS you would like to share with me, please email me and we can add them onto the list.

The thing about this type of true lies, is that sometimes people would rather not take the steps needed to make the change and its easier not to when you can hold onto the MYTHS.

When all is said and done, the only person to make the choice should be you, make the choice based on your own needs, aspirations, goals and happiness. If you believe you would be better off without the fear, then usually that is that, if you bring that simple commitment to your own well-being to our work together then you will discover the magic within.

Another the thing about true lies. It is also common to come across people who would prefer you stayed the way you are, for whatever reason, they could continue to feel they are better than you, they have some control over you. They want you to fail so they could say “I told you so” and that was also their excuse for you not trying to change, “so and so tried it and it didn't work,”

Having looked at the MYTHS above let's look at the MAGIC that comes from within, the truth that lies tantalisingly beneath the surface waiting



MAGIC – IT IS GUARANTEED

The Phobia Collection Program is flexible and aims to guarantee success. However I understand that saying so may not create the magic, that's why the program is guaranteed.

MAGIC – IT IS INEXPENSIVE

How much is it really worth to you to be able to control your fear or remove it completely, How much does it cost you not fixing it? My aim in delivering this service is to make it more readily available, so we are looking at a simple investment, to reduce the fear or remove it completely.

MAGIC – IT TAKES ONE, MAYBE EVEN THREE HOURS TO FIX

My business rides on the wave of your success, when our change work together is short, fun, enjoyable and effective I am sure you will be pleased to recommend my service to others, I don't believe in charging you over and over again for work I can get done in a basic Phobia Collection Program. To be honest most people learned their fear quickly why should that take months to fix?



MAGIC – THE CURE HAS NO FEAR

No drugs, no potions, no needles, no frightening exposures to that which you dread. The aim is to provide you with a simple effective program design specifically for you. You bring commitment and I will bring a wealth of knowledge and change techniques that will resolve the problem.

MAGIC – THEY MUST BE STUPID

They cant see the simple truth, in order to have a phobia you must be a quick learner, that requires intelligence and concentration because most if not all phobics learned to do what they do in a one step learning and they learned to perform and maintain that reaction for the rest of their life, always in the correct sequence and at the given time of when exposed to the given stimulus.

That my friend is no easy task, it may produce silly results, however it is an enviable strategy for learning.

MAGIC – YOU WERE BORN WHAT WAY

Fantastic, being born, programmed to learn and acquire information with a brain that is far superior to any computer on the planet a wonderful fascinating system that allows you to progress through life at a speed that you dictate, a blank canvas so to speak that you portray your learning on, life in all is rich vibrant colours, sometimes you learn the most complex and incredible things and occasionally you learn junk.



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MAGIC – YOU CAN CHANGE IT

Yes it really is a choice, you decide that you CAN make an effort to change it, everything about your behaviour can be changed, you can learn to love, to enjoy, to have fun, to erase past painful memories, to enhance the good feelings you get, to have lots more pleasure, to be confident, and you now get to make these choices, because if you keep doing what you've been doing you will continue to get whatever you got.

Time to make the change, do yourself a favour and set yourself free of your own limitations or those imposed on you by others, and then in 3 months at least you can look back and see how beneficial it was to change or if not, I could always change back...

Whatever you do, make the choice yours

I hope that this report has helped you to learn something about yourself, if you would like to explore further please visit my website,

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