

Mary Beth Thomsen

Instagram: @soulshinescoaching  
soulshinescoaching.com

## 4 Steps to Release Your Fears

We all possess an invisible backpack that is carried by our subconscious mind. That backpack is full of beliefs, feelings, and perceptions—some healthy, and some traumatic.

The lens in which we view our lives is through the backpack and its contents.

Because our feelings and thoughts dictate our state of being, it cannot be overstated how important it is to be aware of them. Many of these beliefs are deeply ingrained into our subconscious, as they have been strengthened day in and day out for years; this is known as our neural pathway.

What is a belief? It is a thought that you've replayed again and again, until it becomes hardwired in your mind. As a part of the human experience, we all have fears and limiting beliefs.



### HERE ARE FOUR STEPS YOU CAN WORK THROUGH TO BEGIN THE PROCESS OF RELEASING THEM:

1

The first step to release specific fears that may be holding you back from living your most abundant, fulfilled life is identifying what's in your backpack. For example, perhaps throughout your childhood, you witnessed your mother get herself into credit card debt. That debt seemingly ruled the fabric of her life, and it left an impression on your younger self that money is scarce. As an adult, you identify that in your backpack is a limiting belief surrounding financial abundance. This money wound has held you back from pursuing goals or taking risks because you're paralyzed from fear.

3

The next step to begin releasing fear and anxious thoughts is to begin considering what is the best-case scenario. Oftentimes, our minds automatically go to the worst-case outcome, which almost never actually happens. This new way of thinking will take some practice, because as mentioned earlier, our neural pathways have been reinforced for years.

2

The next step in releasing a fear is writing a letter to your younger self. Take a loose-leaf piece of paper, a pen, and give yourself some privacy. You are welcome to play calm, relaxing music in the background too if you'd like. Now you're going to write a letter to the younger version of you, based on how old you were when this fear or limiting belief originated. For example, let's say at the age of eight years old, you vividly remember your mother having her credit card declined while checking out at the grocery store. You witnessed her reaction, her embarrassment or shame, and you recall your confusion about the situation. You then remember a stack of credit card bills sitting on the kitchen table with bright red writing on the envelopes, and overhearing her talking out loud to herself, "I don't know how I'm ever going to get out of this mess. I will always be broke." As you write a letter to your younger self, reflecting on these memories, release her from the responsibility of owning your mother's pain, or taking responsibility for her decisions that got her into debt to begin with; you were only a child and it wasn't your fault. Write without judgment, offer grace and space for this child, and reaffirm that you do not need to carry this burden anymore. Write as long or as much as you need to. When you are done writing, put the letter in a bowl of water or safely burn and then dispose of it.

4

And finally, after identifying your limiting belief or anxious thought, another step is to write an affirmation that is contrary to what's holding you back. For example, say the anxious thought is "I am responsible for others' well-being." Your affirmation could be "I am only responsible for my well-being and no one else's happiness." You can write and post this affirmation anywhere you'll see it often, such as on your bathroom mirror or your desk. You'll also want to identify three feelings that would accompany this affirmation being true. Our bodies are most receptive to believing a thought if we actually feel it—in this instance, you might feel calm, peaceful, and liberated. Anytime you read or say the affirmation to yourself, close your eyes and allow your body to feel the sensation of being calm, peaceful, and liberated.

**BE PATIENT WITH YOURSELF DURING THIS JOURNEY, AND MORE IMPORTANTLY, BE PROUD OF YOURSELF. YOU'RE NOW ON YOUR WAY TO LIVING A LIFE OF ABUNDANCE AND GREATNESS!**

Mary Beth is an intuitive life coach living in Atlanta, Georgia, with a passion for spreading light.