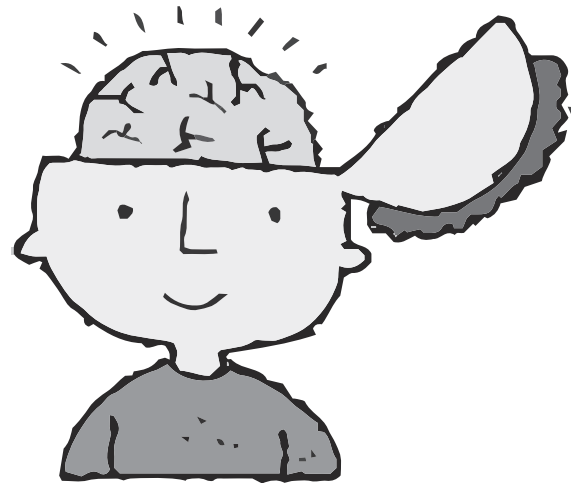


**WHAT IS FEAR?** Fear is a learned emotion that is meant to help keep us alive. It is very important when we are young children. As babies and toddlers, we are taught to be afraid of things that can harm us. This helps our parents or guardians raise us without having to worry that we'll run into a busy road, or burn ourselves on a hot stove. We learn fear through pain, either emotional or physical pain. When we get hurt physically, we learn on our own that our actions may have been dangerous. Our parents help us when we are very little, sometimes with a sharp yell, to warn us if we are approaching danger. Both the pain of injuring your body and the emotional pain associated with a parent yelling at us help to program our subconscious mind so that we automatically stay away from things that can potentially hurt us. This is a very important phase of childhood. But as we grow up, it becomes clear that our fears, ultimately, need re-evaluating, even on a daily basis, so that they work for us, and not against us. A little fear is okay, but too much fear or misplaced fear is counterproductive.

For example, if you are afraid of drowning, so much so that you won't even go near the water, then fear is no longer serving you. It's perfectly possible to be totally aware and prepared for the dangers of drowning without fear. It's obviously much safer to learn how to swim rather than to never attempt it at all because you are too afraid. The skills of swimming help to keep you safe, but they can never be learned unless the initial fear is faced.

Your subconscious mind is responsible for keeping you alive, and it will do whatever it needs to do in order to follow the pattern it has been taught in order to keep you safe. It is possible to completely reprogram your subconscious mind to change its response to certain situations. It may take minutes, days, months, or it can also take several years depending on the severity of the fear. It is important to be patient with yourself when you are trying to overcome a big fear. Negative reinforcement was used in order to instill those fears, and positive reinforcement can help to undo them. Remember that the subconscious mind is like a robot, and it does not know right from wrong or real from false; it can only do what it has been taught to do.



It has been theorized that all fears are linked to the fear of death within our subconscious mind. Whether you are afraid to speak to a new person, or afraid to climb to a high place, your body and mind's fear response is exactly the same. You may feel sweaty, dizzy, shaky, weak in the knees, like you might throw up, or many other physical responses to fear. Emotionally you may feel angry, anxious, irritable, or hatred. This is a result of your subconscious mind trying to make you stop doing whatever you are doing because it thinks your life is in danger.

Some fears are completely illogical and can really limit a person's capacity to live happily. Some people are afraid of changes, afraid to be wrong about things, afraid to try, afraid to fail, afraid to succeed, afraid to be alone, or afraid to connect with other people. Sometimes entire cultures or families share a common fear just because they were taught to be afraid of something. It is important to remember that ALL fears are learned, and so all fears can be unlearned, or at least reduced to a manageable amount.

**FACING FEARS:** The first step is to be aware of your fear and what effect it has on you. You must decide if this fear is more or less important than the thing it is holding you back from. Then you must retrain your state of mind while thinking about that fear. Self-reassurance, logical thinking, calming breathing techniques, and smiling or laughing are very effective for some people. Distracting yourself by thinking about something else is also effective for others. The more you practice, whether in your mind or in the face of your fear, the better you will get at it.

**YOUR ASSIGNMENT IS ON THE BACK ---->**

## Name: \_\_\_\_\_

Your assignment is to give a short speech to your classmates during leadership circle. The topic of your speech is: "HOW TRAINING IN KUNG FU HAS HELPED ME TO GROW OR IMPROVE". The length of your speech should be no shorter than 30 seconds and no longer than 60 seconds. You should aim to memorize your speech so that you can say it without reading it. This can be achieved through practice. You may read your speech if you need, but try to practice making eye contact with the audience during your speech.

**Before your assignment is due, practice your speech 5 times to different people before you perform, and have those 5 people sign below.**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_

**Write your speech below:**

## "HOW KUNG FU HAS HELPED ME SO FAR..."

功  
夫