



If you want to conquer fear, don't sit home and think about it. Go out and get busy.

-Dale Carnegie

In the past whenever I was presented with a challenge or obstacle in my life, I always found an excuse to avoid it or just runaway from the situation. It has always been very difficult for me to face my fears. After years of dealing with my fears in negative ways, I finally realized for my life to get any better, I was going to have to put myself out there. I've heard of other people coming up with sayings or slogans to motivate them into doing something they are afraid of doing. Some people say, "I've got this" or "I can do it." These types of sayings may work for others, but they never really worked for me. After some trial and error, the only saying I could think of was "just go." I know it doesn't sound very motivating, but it's something that works for me (at least most of the time). I've discovered when it is time for me to do something, I generally overthink the situation and talk myself out of the task. I must tell myself to just stop thinking about it and "just go." This technique has worked for me in the past when it comes to my fear of heights.

I have an extreme fear of heights, the thought of falling terrifies me. The sight of people working on skyscrapers or clinging to sheer cliffs make me shudder. One day I was watching something on TV about skydiving, I've always told myself I wanted to try it someday, when it dawned on me I have been saying this for years. I decided to just shut up and face my fear of heights and proceeded to find a place where I could skydive. I didn't want to hesitate and give myself time to come up with an excuse not to do it. I just called and made an appointment to jump out of a perfectly good airplane.

After the date was rescheduled twice because of bad weather (I didn't talk myself out of it) the day of facing one of my biggest fears arrived. I was required to do some rudimentary training for what they called a tandem jump, where I am strapped onto the instructor. While we were still on the ground, the instructor said when we get close to the jump altitude, he would strap us together. After he did this he will tap me on the shoulder and say, "door," which was the signal he was going to open the plane door. I got a little nervous when the plane took off, but I was still able to handle it. After I was strapped to him and we reached the right altitude, he tapped me on the shoulder and yelled "door" and the planes door flew open. This was when I really questioned what the hell I was doing. Before we took off, the instructor said it was perfectly fine if I backed out of jump when I was at the door. After the door opened he started to ask me if I would still like to jump. Before he could finish I told him "**Just go.**" This is just one of times where the saying worked for me to help me conquer my fears. I'm still afraid of heights, but not to the degree I was before.

Afterwards I realized later standing at the airplane door was a lot like life. Sometimes you just must face your fears and tell yourself to just go.

We are the evidence; We hold the hope.