

KILL THE FEAR BEFORE IT KILLS YOU

Dr A K Pandey

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(Born in 1956 and an educational administrator by profession, *Dr A. K. Pandey* is the CEO of Pandey Education Trust (A Trusted Name in Quality Education Consultancy Services), 4 KHA 8, Jawahar Nagar, Jaipur-302004, Rajasthan. He is also visiting faculty at ISBM, Gyan Vihar Universe, Jaipur. The author can be reached at edustrust@rediffmail.com)

Fear is inevitable and whether we like it or not it strikes us in form of a sleeping enemy who is not seen with naked eyes but trouble us as soon as we close our eyes to proceed on a journey of productive thinking. We have no control on this as it enters our thinking process slowly and make us sick for ever. The only way to remove the fear for ever is to make planned efforts. Once we are surrounded with a fear irrespective of its magnitude and damage that it can make, we must prepare a time frame to win this fear. Remember not to postpone it in any case as it will than take more time for eradication. Preparing our safety net of progress and preparing a plan to combat fear are two different aspects. Safety net is a positive outcome of our goal where as fear will create a hindrance in our safety net. Be ready to prepare a plan immediately to combat the fear troubling you again and again and acting as a reverse force in your progress.

There was a tradition in a kingdom that the king would hand over the charge to his successor and would move to jungle to avoid any struggle of power. In the jungle, he would just wait for his death alone. It was going on from ages. Once there became a king and he was an able administrator too. As he approached the age of leaving everything and going to jungle, he thought of himself that although he was not supposed to interfere in the kingdom affairs but why he should lead a helpless retired life waiting for the event i.e. death which was not fixed. Before a year of his retirement from active life, he got constructed a small but a beautiful dwelling house with all the reading and play materials he was fond off and left the kingdom three months earlier to the due date of retirement.

You have to strike to remove the fear coming on your ways. There is no other way to remove the fear except a planned way to nullify its effect. In the beginning you may feel that you are wasting your positive energy in this act but it is priority for you. The king in the above refereed story would not have thought at all till the time of his retirement but what after that. He must have been sick of thinking of his life after retirement much before the actual time of retirement and he should have wasted his time as the king due to this fear. He planned an action to combat the fear and he became successful and acted different from his forefathers that are why it is said that successful persons work differently.

Once you have decided not to fail, you need a plan to proceed with. Fear is your greatest enemy on your path of success and in the beginning your first step should be to win over this. Never postpone any fear otherwise it will grow too big to control. Only a nice planning will help you to win over it. Once you achieve this, it is guaranteed, you can't fail. You must remember that the particular fear has strike you and only you will be able to plan for its eradication as you will be in a better position to know the details of the fear. Fear is a hidden enemy to your success and you must kill it immediately to save your precious time in major quantity to be wasted. Think, plan a strategy and start action to combat the fear coming in your ways to get gain over others to avoid any further problem. Never leave it to chance as chance is a chance and you are not sure of the chance to favour you. You have to prepare yourself for the chance as chance favours only those who are prepared to accept the chance.

Without a time frame you will not be able to be successful as without a dead line you can not be serious about the work. So is the case for your intension of combating fear. You have to analyze the cause of the fear which may be due to a situation or a person and than you have to make a plan of getting rid of the fear by deciding yourself within a day or weak or say depending on the intensity of the fear. Once you decide that you will do it, start immediate action. During your journey with your action go on forming the strategy and plan to combat the fear and it will save your time and during emergency also you will

not require enough time to change the plan if it requires. Believe in action only and try to show your expression with action without speaking a single word if it is not required. You must note that combating your fear is your priority as without doing this you will not be able to move smooth on your path of success and it will trouble you again and again whether you like it or not.

Fear is the by product of our thinking process reaction. In any chemical reaction the reactants combine together to form the main product and side by side a by product is created. In the same way fear is created and you must nullify it in order to be prompt in your action. Fear must be eradicated otherwise it will condition your thinking and after being conditioned it is deep rooted and requires more strength to combat it. A person working in an organization gets a feeling that his performance is not in tune with the expectation of the boss as boss might have shown his annoyance directly or indirectly. You will find hardly any boss in Indian system who gives you positive reinforcement as most of them feel that it will lower down their image of being boss. Now as soon as you encounter your boss you will get a feeling of fear and after sometimes even his voice will create a feeling of fear within you. Let some more time pass and you will get the same fear even in his absence. It shows that you have been conditioned of that feeling and now it will take time to combat this fear. It will have direct effect on your performance and your performance will go on decreasing irrespective of your best effort. After sometime you will have a feeling of leaving the organization and if it does not happen then your boss will start thinking of replacing you as you are not giving the desired performance as defined. The boss will have a feeling that irrespective of best environment you are unable to perform forgetting that you are not performing only due to his behaviour but boss is always right.

Should you have done to combat this fear on the very first day when it strike you it would have been better and you would not have suffered so much. You should have politely requested your boss about the mistake and then and there you should have taken corrective measures finishing the matter immediately. This should have worked in two fold. First you should not have suffered so much and second your boss would have been realistic in telling you anything. It is essential for your growth. Under pressure and fear even the best will perform the lowest. Here both are sufferer the organization as well as the individual and you must be careful of such situation. It is better to say good bye to any situation or individual than to leave in constant fear due to that.