

**BEYOND THE INVISIBLE FENCE:  
Three Strategies For Overcoming  
Anxiety and Panic Attacks  
BILL O'HANLON**



**My Story:  
Why This Matters to Me**

**Anxious kid  
Three major phobias (dogs, needles  
and public speaking)**

## **Fear's agenda:**

**Keep you safe by limiting your range**

### **The Invisible Fence**

- The Good News: You and your ancestors survived due to this strategy**
- The Bad News: Misapplied or Overapplied, It Creates Misery and More Anxiety**



# **The Room of 1,000 Demons: Walking Through the Fear**

**Keep acting in your best interests in  
the presence of fear**

**“To fear is one thing. To let fear grab you by the tail and swing you around is another.” –Katherine Paterson**



# 2

## **Liberating Territory From Fear: Pushing Against the Boundaries**

**The Young Woman Who Already  
Knew Her Solution to Her Phobias and  
Anxiety Problem  
(But Who Didn't Know She Knew)**



- **Each time one gives in to fear and stays small and safe, fear grows**
- **Each time one defies unnecessary fear, one reclaims a bit more of one's life**

**“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face . . . You must do the thing you think you cannot do.” –Eleanor Roosevelt**

## **Investigating the Invisible Fence**

- What tactics does fear use to try to keep you small and in the “safe” zone?**
- What sensations has fear provided that have stopped you from going beyond the invisible fence?**
- What false promises has fear made about keeping you safe and comfortable?**
- What has fear done to convince you to “stay safe”?**
- Do you always believe what fear tells you or tries to convince you of?**

# 3

**Looking Fear in the Eyes:  
Sitting With/Facing Fear Rather Than  
Trying to Fix It Or Get Rid of It**

# **The Girl Who Looked Fear in the Eyes**

**Come on Fatties!**





## **Method:**

**Deliberately creating some of anxiety's sensations without the fear**

**“I realize that if I wait until I am no longer afraid to act, write, speak, be, I’ll be sending messages on a Ouija board, cryptic complaints from the other side.” –Audre Lorde**

**“I’ve been absolutely terrified every moment of my life and I’ve never let it keep me from doing a single thing I wanted to do.” –Georgia O’Keeffe**

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