# 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

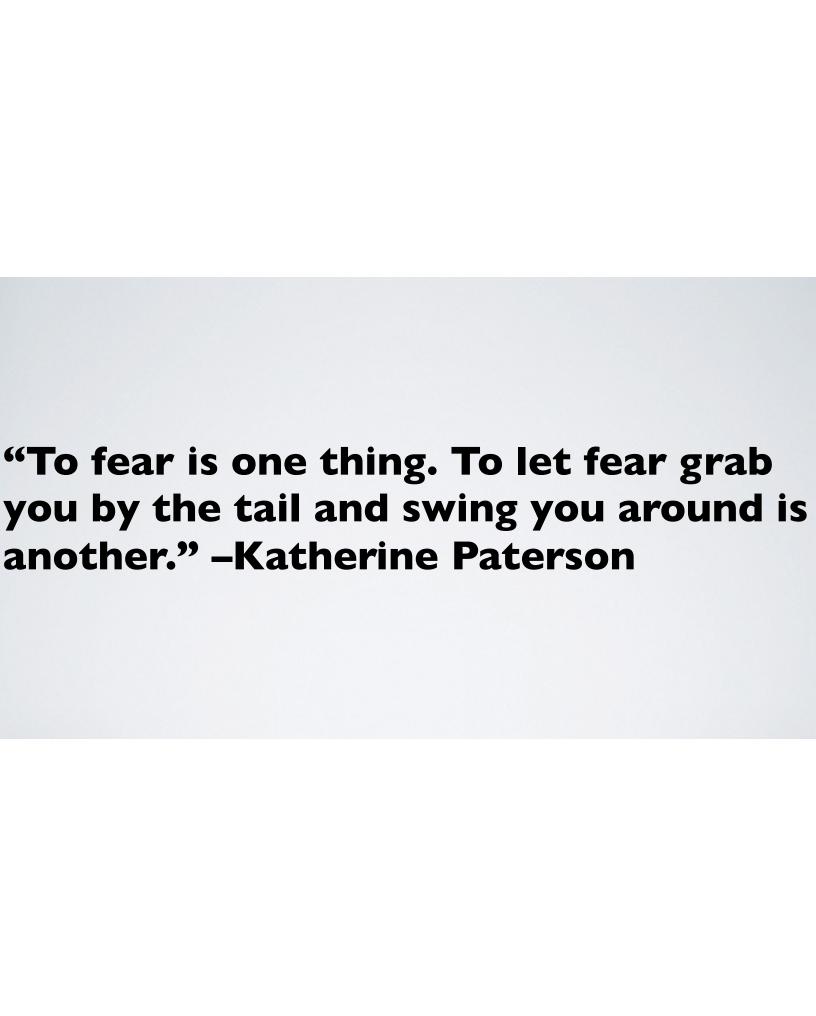
The Invisible Fence

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





## 2

Liberating Territory From Fear: Pushing Against the Boundaries



- 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

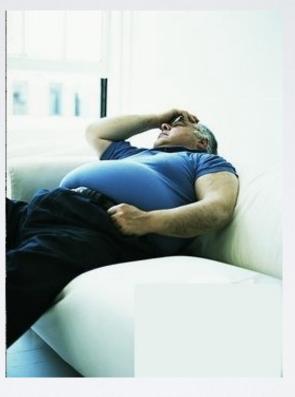
- •What tactics does fear use to try to keep you small and in the "safe" zone?
- What sensations has fear provided that have stopped you from going beyond the invisible fence?
- •What false promises has fear made about keeping you safe and comfortable?
- •What has fear done to convince you to "stay safe"?
- •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

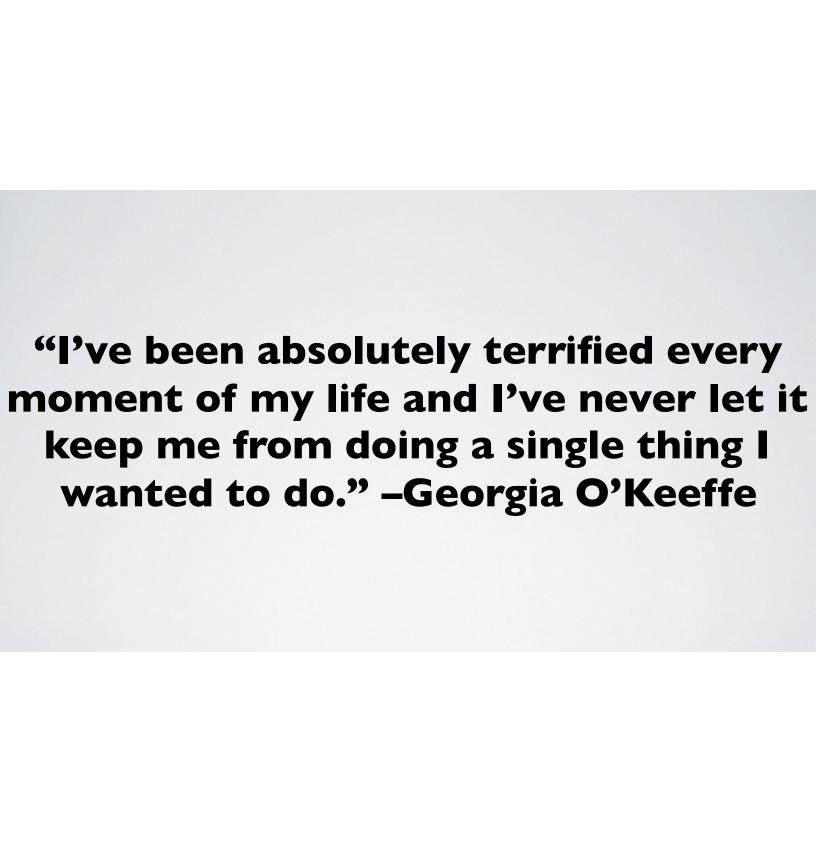


#### **Come on Fatties!**





"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



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