

**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

Bill O'Hanlon

223 N. Guadalupe #278

Santa Fe, NM 87501

WriteBill@BillOHanlon.com

www.BillOHanlon.com

www.GetYourBookWritten.com

www.TheNewHypnosis.com