



# Dig Your Fear

*Archie Goodwin*

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## **Dig Your Fear** Archie Goodwin

Destructive attitude towards emotions is very common thing that you must drop out of your reality, you must maintain an open and curious mind which seeks to discover and explore the depth and origins of your emotions. To control your reactions and destiny you have to control your attitude. Take your time and reflect on it, form a new mindset that will allow you to uncover the treasures that are hidden within you. When you develop that mindset and you are in the presence of intense emotions, perhaps even in a panic attack, your first reflex might be to hide or to run, to find a way to escape, I suggest to meet it head on - but not with aggression or in a challenging manner but with compassion, curiosity and concern. Observe your emotions, acknowledge them - even handle them with the concern you would for a crying baby through deep listening - and begin to work your way back into the present moment, back to yourself. By doing it again and again you will gain control, mastery over yourself. Challenges will be easier to overcome, treasures will easier to seize, you will develop a powerful way of doing things and being real. Attitude towards life and emotions is critical, without right attitude you will succeed only partially.

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