



# Facing Fear, Finding You

Build Inner Safety and Transform  
Your Relationship With Fear

I. K. Randhawa

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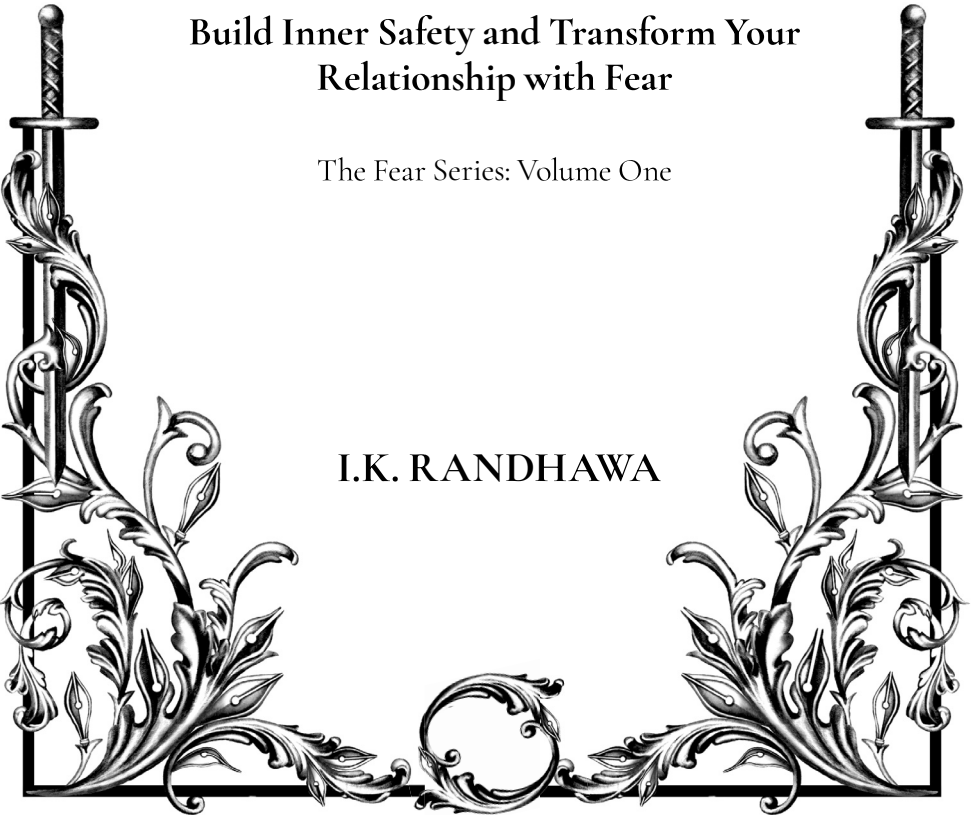


# Facing Fear, Finding You

Build Inner Safety and Transform Your  
Relationship with Fear

The Fear Series: Volume One

I.K. RANDHAWA



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ISBN: 979-8-89694-674-8 - Ebook

ISBN: 979-8-89694-675-5 - Paperback

ISBN: 979-8-89694-676-2 - Hardcover

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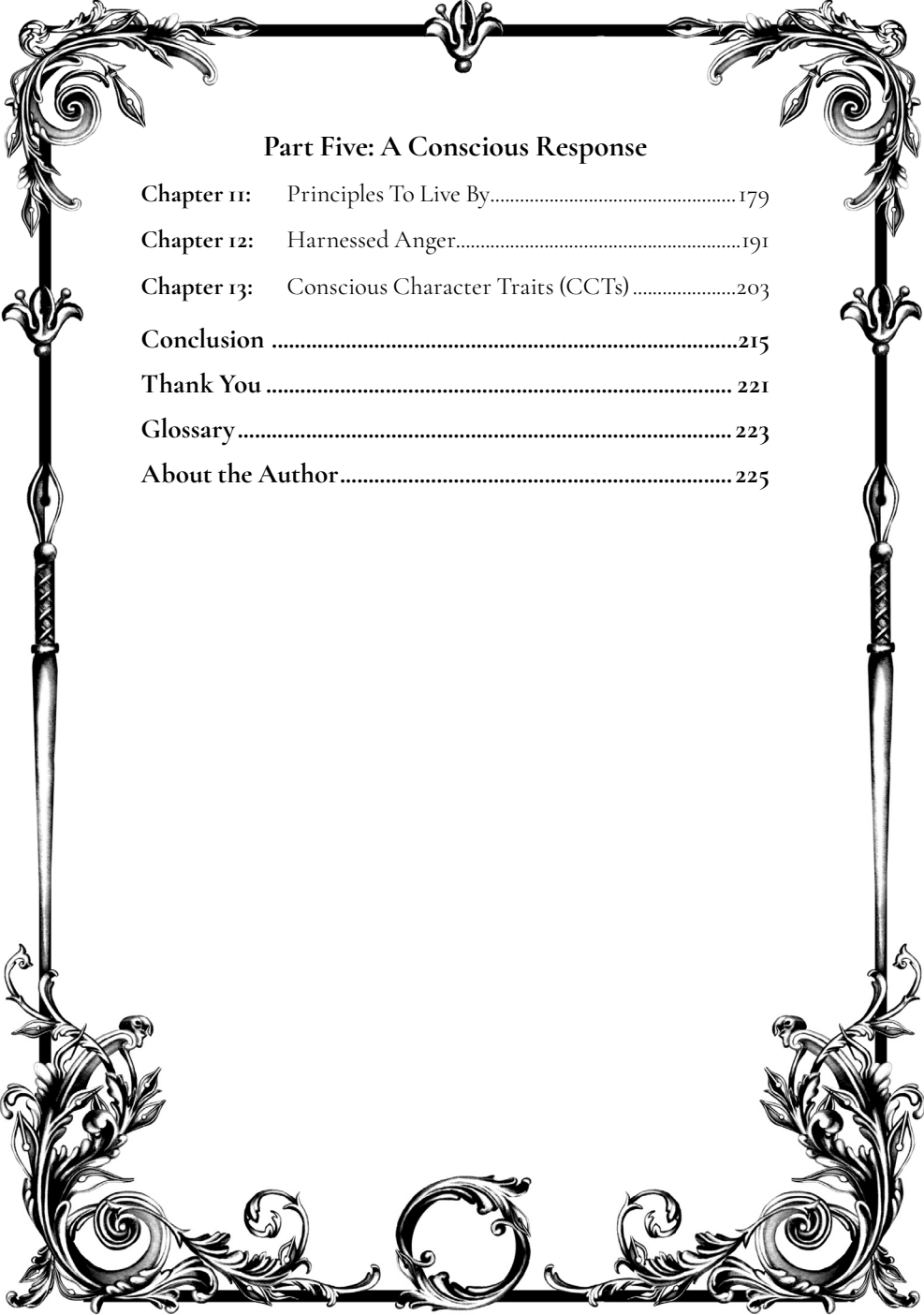
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# Introduction



I 'd like to begin by making one thing clear: This is not a fear-fighting book. If you are looking for advice on actions you can take to fight your fears, you won't find it here. That is volume two of the Fear Series, which will thoroughly cover a range of different actions you can learn to harness in your need to become a skilled fear fighter.

However, if you are looking for a book that explores the concept of internal fears, helping you understand how they are sabotaging you on a daily basis, then this book is for you. If you would like to read about some ideas on how you can snap yourself out of anxiety enough to think clearly again, this book is also for you.

Why am I writing a book about facing fears, though? Especially when everyone would rather skip to fighting their fears instead?



## Facing Fear, Finding You

Well, the truth is that I started my authorship journey by writing one book on internal fears. I set it out into three parts: The first was the theory behind how internal fears sabotage us; the second was action-based fears; and the third was socially active fears.

But after I finished my rough draft, I realised each section needed its own book to thoroughly explore the topic. Without doing this, I was cutting corners and missing essential exploration. I wasn't understanding the topic as well as I needed to; therefore, I couldn't present a comprehensive product for you.

I understand most people would rather read one book that covers everything. I honestly tried, but I couldn't produce it. There was too much to explore. Therefore, if the fear-facing journey is not of interest to you, then I encourage you to read volume two instead.

Now, for those of you who do want to read this book, let me explain the problem this book addresses. I chose fear as the topic to start my authorship journey because I see too much of it in the world. Everywhere I look, I see people who are afraid.

This hurts me. Too many people are suffering from the permanent pain of harmful internal fear, and it's not pleasant realising we are living in a fearful world. I would like to change this because I used to always be afraid too. Fear of inadequacy is the one that I battled with the most, and I wanted to change the power it had over me.

Thus, on my journey, I realised I had lived my whole life being aware that I was afraid, though I had very limited



## Introduction

conscious awareness of what all my fears actually were. That meant I was uninformed and ill-equipped in my pursuit of fighting them.

I had to learn to earn the power of knowledge so I could fight my fears better. Facing and seeing them in their entirety is how I did that. This book can help you to do the same thing. You can learn more about your internal fears, defining exactly what they are and recognising how they are sabotaging you.

You can also learn more about yourself in this process. You see, it took me a long time to realise that in facing my fears, I was actually finding myself. Understanding the true causes of my fears showed me what I believed about myself. About my powers and obligations. My needs. It showed me how I wasn't actively choosing any of my responses and instead was acting out of autopilot.

I found that I hadn't been living as the person I consciously wanted to be. I decided to change that by addressing my biggest opponent: my fears. The ones stopping me from being someone I respect and am proud to be.

When I realised the ways my harmful fears were sabotaging me, I lost all respect for them. The trust I had put in them vanished because they didn't deserve it. They were hurting me, and so they had no place in my mind or life. I chose to value my peace and happiness over my fears and brought myself to a place where I am not constantly suffering in fearful pain anymore.



## Facing Fear, Finding You

And when my fears are triggered, I'm able to quickly realise that I'm just feeling afraid and disregard it because I don't give value to that concept anymore. I literally just think, *Oh, I'm just feeling afraid right now*, and shrug it off because I don't respect it enough to keep it.

The thing I have realised is that we don't heal internally like our bodies do. It may be because, physically, we don't ever consciously heal. Our bodies automatically do it for us every day. Whereas, internally, that's not the case. When we experience something traumatic, it hurts us, and we don't immediately start healing the wound. Instead, we mark it as a clear internal danger and fear it because we have chosen to give that pain a high amount of significance.

Imagine if our bodies did the same thing, and after we were bruised one time, we became incredibly afraid of being bruised again. So we lived the rest of our lives never doing anything that could possibly bruise us. It's not exactly the most fulfilling life.

I know you may be thinking that there are different types of pain, and people get hurt every day. That is absolutely true, and your survival and well-being is, at the end of the day, always your responsibility. In my life, I have chosen to believe that my internal fears are a danger in themselves to my well-being.

I would like to assert, however, that you can change your experience of life drastically by being willing to change your position to your internal fears and dangers. You can, and will, become a completely different person. If



that is something you're interested in, then I am honoured to welcome you to reading this book.

## Experience



I have reached a point where I am fear-aware and consciously responsive. That's not to say I am completely fearless. I'm not and likely never will be. The decision to become an author has come with its own set of fears I've had to face and overcome.

I'm telling you this because I'm not going to pretend to have all the answers. I am an experienced internal explorer, however, as I have chosen to create this original work purely from my own experiences, intuition, and observations, all without being inspired by or referring to theories by others. That said, I acknowledge that universal truths often echo across different works. Any similarities you may find are simply a reflection of shared experiences.

I do not present any of my thoughts, ideas, and suggestions to you as the absolute truth. Rather, they are thought starters. My hope is that you read what I've written, and then reflect on what resonates with you—and what doesn't. Agree with me. Disagree with me. However you react to this book is a success, because any reaction will bring attention—consciousness even—to your relationship with fear. And in doing so, you'll hopefully grow, as I have.

## Metaphors



I have written this book with a mix of personal stories and creative analogies and metaphors I've selected to explain these concepts. This is my preferred way of teaching—always has been. The metaphors are memorable and sometimes funny. I very much enjoy them, and I hope you do too.

I know that my style of writing is not conventional, though, and so you may find the references to the metaphors confusing or overwhelming at times. I have tried to keep them as simple and relevant as possible for you and created a glossary at the back of the book listing out all of the metaphors from the book.

Finally, I hope this book, and all my future works, will help you as much as they helped me. Writing this book challenged and enlightened me. Saved me. Reading it will hopefully ignite a similar journey.

PART ONE

# The Theory of Fear





## Chapter One

# The Faces of Fear



**F**ear affects us all—whether you admit it or not. It’s woven into the fabric of your life with a weight as constant as your memories and beliefs. And as you grow, fear grows with you. Each new responsibility brings a fresh form of fear—even though you didn’t ask for it.

Fear doesn’t knock politely or ask for permission. It barges in, tearing down every strength you’ve built and every piece of wisdom you’ve collected. You feel it in your body first: racing heart, tightening chest, short breaths. Your muscles tense, bracing for a blow. Your mind spirals, reaching for something—*anything*—to hold on to.

You see, fear makes you vulnerable.

It makes you feel like you’re standing bare in the heart of the Arctic. A relentless invasion whispers lies and makes

you believe you're helpless. Your strength, wisdom, and confidence are turned to paper-thin glass, ready to shatter with the faintest pressure. It steals your focus, your control, your sense of self.

It's raw and overwhelming. Utterly paralyzing.

In short, fear doesn't care about the truth. No matter what you want or who you are, it forces you to live only for survival—even when your survival is not in question.

Ironically, we live in a society where fear is spread widely by the media, and yet on a personal and professional basis, we're expected to live as though it doesn't exist inside of us. I've noticed the widely held belief that if someone is a professional of something—take an athlete like a football player, for instance—that fear should not be something affecting their performance. As if the fact that they're being paid should extinguish all nerves and doubts, when in reality that's not true at all. In actuality, the professional aspect usually increases the pressure to succeed, and thus increases the fear. It also doesn't give the individual the opportunity to thoroughly face and fight their fear, because they can only focus on going from one performance to the next.

Just because we're convinced that fear should be an insignificant or non-existent part of our lives, doesn't mean that it is. It can be quite damning actually, because it takes over everything. Especially when it's an unconscious permanent internal fear.

## The Four Faces



Fear is not a singular emotion but a complex mix of sensations and reactions. Sometimes it creeps upon you—slowly suffocating your thoughts and leaving you gasping for air. Other times, it strikes like a bolt of lightning, igniting every nerve in your body with its electric shock. The fears that stem from our deepest insecurities are not the same as those triggered by external threats because their root causes are worlds apart.

How you respond to your fears should be tailored to the type of fear it is and how much you trust the danger it's spotlighting to you. If you respond to all your fears in the same way, in a freeze or run response, you'll never be able to change yourself and your experience of life. Instead, you are trapped because you are blindly trusting information your fears are relaying to you, rather than questioning them.

Therefore, in order to consciously decide which fears deserve your respect for their reliability, I'd like to break down the ways different fears exist, so you understand their various forms.

We will explore how fears take different forms, which I have split into nature (physical and internal) and duration (temporary and permanent). Both physical and internal fears can be temporary and permanent:

Temporary Physical Fears – Active fear is less commonly experienced, such as stumbling on stairs. This is not something that happens on a daily basis.

Permanent Physical Fears – Active fear is common, such as a fear of certain animals or flying. This is more common than temporary physical fears, though is only activated when you come in immediate contact with that danger, such as a barking dog.

Temporary Internal Fears – Less commonly activated, such as fear of being misunderstood by someone in a specific scenario. These are typically resolved quickly, and you don't usually develop a permanent fear from it.

Permanent Internal Fears – Most commonly activated fears, in that the host is permanently being influenced by this fear on a daily basis. Experiences such as negative feedback, single or repeated, create a fear of inadequacy that affects every area of one's life.

## Nature



### Physical Fears

A physical fear activates from the presence—or even the existence—of a potential physical danger. This type of fear is deeply personal, unique to each individual, and is shaped by what you believe is a threat to your physical well-being. It also depends on your physical risk tolerance and how much significance you give to pain inflicted on your body.

For some, the mere thought of riding a roller coaster is terrifying, while others feel only excitement. Similarly, one person might be afraid of taking drugs because the risks are too dangerous for them, whereas for others it's exhilarating.

Physical fear is always tied to something that could damage your body and cause it pain. It stems from a deep love and instinctual need to protect your body and keep it away from what you believe is a danger.

### **Internal Fears**

Whereas, internal fears are born from the presence of a potential danger to your internal self. Whether you believe that to be your mind, soul, or personality is not as significant as knowing that it's the part of you that isn't your body.

Internal fears, therefore, stem from a belief that certain personal or interpersonal concepts or experiences pose a threat to your internal self. They are something that could cause you to experience emotional or mental pain.

While the physical world offers a finite number of things that can be a danger to us, the possibilities for what could harm us internally is limitless. Change. Intimacy. Being alone. Inadequacy. Shame. Judgment. Helplessness. These are just a few of the vast array of internal fears that can trouble someone. Whether you fear something on your own or in connection to others, these fears have a powerful hold over you.

Internal fears are just as real as physical. The experience of them is the same. Your physical instincts choose your physical fears, and your subconscious chooses your internal. It chooses them and holds on to them, often without you even realising it. Regardless of where your fears come from, the only thing that matters is that they exist. They are real fears, held inside of you.

## Duration



### Temporary Fears

Temporary fears are like gusts of wind—here one minute, gone the next.

They flit by swiftly, leaving only a trace of their presence behind. They appear when an imminent threat looms in front of you. But just as quickly as they came, they leave.

Whether it's almost getting into a car accident, stumbling on stairs, or being misunderstood by someone, these situations all trigger short-term temporary fear within you. In response, your body's cortisol and adrenaline levels surge, preparing you for battle.

You instinctively assess the situation, and gather all the information you need to find an immediate solution, allowing you to take swift action to prevent the feared danger from becoming a reality. Once the situation

is resolved, your fear fades away. Dopamine floods in, bringing with it a sense of relief and gratitude.

These fears possess impressive reflexes, always ready to spring into action at a moment's notice. Their quickness is admirable, and their role in keeping you safe is undeniable. I appreciate temporary fears because they do their job and leave.

But what if your solution isn't successful? What if the threat becomes a reality?

Well, even then, you don't remain in a state of fear. Instead, you shift into problem-solving mode, taking whatever steps are necessary to deal with the situation at hand. The temporary fear may have served its purpose in alerting you to danger, but it doesn't linger. It gives you the space you need to drive your actions in the face of adversity.

### **Permanent Fears**

Permanent fears are a different beast entirely. Examples are your fear of heights, failure, or of being alone.

They cling to you like an unwelcome shadow, attaching themselves onto your very being. Craving control, they mold you into someone who exists around their presence.

These fears are possessive. Unrelenting.

They want to be the reason for your transformation, demanding you shape yourself around their existence.

Temporary fears are easy to handle. They make their appearance known but don't demand more than what is necessary. Permanent fears, on the other hand, are

insatiable for more—more attention, more time, more energy—more power over you.

Permanent fears are like a colony of parasites, burrowing deep into your mind and feeding on your weaknesses and doubts. They manipulate you, whispering lies convincing you that breaking free is impossible and that you cannot exist without them.

Now that we have explored the different types of fears, I encourage you to become aware of their distinctions in your own life and think about how you are responding to them. It's likely that you have grouped all fears together into one experience for yourself, so you don't realise there's a difference between them.

You're probably also trusting them all equally, not thinking to question them and their sources of information.

### **Unconscious Permanent Internal Fears**

From now on, we will only be addressing unconscious permanent internal fears in this book and the rest of the series.

Before we move on to the reason for this, I'd like to make clear the distinction between conscious and unconscious fears. A conscious fear is something you have questioned and knowingly chosen to keep. Whereas an unconscious fear is something you are hosting that you haven't consciously chosen to be afraid of, haven't questioned the reliability of, and are blindly trusting.

Most of your current fears will be unconscious fears. Not all of them are bad. Depending on your experiences,

most may be valid, and you may want to keep them. The point is that you actually need to face and question them enough to decide to either make them conscious or get rid of them.

Therefore, unconscious permanent internal fears are the focus because they are a danger to you.

How can a fear be dangerous, though? Well, as we've explored above, permanent fears are those that exist within you at all times. When combined with being an internal fear, these fears aren't only existing, but they're permanently activated as an internal danger, like the fear of inadequacy. Being afraid of not being good enough does not affect just one area of your life. It might begin in one, but it spreads to others, and maybe even every area of your life, meaning it is permanently activated.

A permanent physical fear, like the fear of dogs, is only activated when you see a dog. Otherwise, you don't walk around afraid of a dog while you're in a known safe space, like your home.

Permanent internal fears weigh you down, dragging you under and consuming your thoughts. Because these fears live within you, they colour everything—your relationships, your decisions, your entire life. Your subconscious becomes obsessed with survival. Every thought and action revolves around protecting yourself from the internal danger.

What makes these fears particularly dangerous is the unconscious part. You are blindly trusting the information a fear gives you about a danger without assessing it for

yourself, and the high significance placed on that danger. By not questioning whether the information is reliable or not, you can't decide whether it deserves the reaction and focus you're giving it.

In a way, the fear is deceiving you. It's making you believe something will cause you terrible internal pain if you experience it. Even when the reality is that it's usually not a real danger to you at all and will rather aid in your growth and happiness. Yes, you may feel a slight sting from the experience, because that's what most growth is, but it's not dangerous.

By believing that it is, though, you are not only living in the constant pain of fear—which, make no mistake, is a painful existence—but when you do experience the “danger,” it's amplified by your fearful beliefs.

Take the fear of failure as an example. You can live your whole life being afraid of any and every type of failure, from a “failed” exam to a “failed” relationship. You can make every effort to avoid this danger, amplifying your belief about how experiencing it will be the worst possible pain you could imagine. And yes, there would be some uncomfortableness to experience. But it's not as bad as what you believed it to be. It's not world ending or life ruining. You can navigate from this position, and usually, bring yourself to a better place.

Failure is not something you need to be permanently afraid of. It's not a high-significance danger to you. But you're trusting your fear and believing that it is.

## The Faces of Fear

You often blindly trust your fears because your instincts tell you they're showing you what you need to do to survive. But when the fear is alerting you to a danger that is not a real threat, isn't realistically avoidable, and allows you to thrive, the fear is sabotaging you instead. Unconscious permanent internal fears are not trustworthy.

And why would you ever trust something that is sabotaging you and making you live in constant internal fear and pain?

You wouldn't, would you? But you are, and I'll show you how in the following section.

### The Black Cat



Imagine yourself walking down a quiet forest path when, suddenly, a sleek black cat appears before you.

You freeze.

Your heart pounds with terror.

You've heard the rumours of the mythical, dangerous black cats. People say they are witches in disguise. You don't know what to do. The rumours never explained much else.

The creature doesn't seem aggressive or angry, but its eyes watch you as it slowly approaches.

You try to move, but your body doesn't respond.

The cat circles around you, examining you from a safe distance. Its gaze feels heavy, assessing you, deciding whether to make you into its next victim.

You lower your eyes as a sign of submission.

After a few minutes, the cat becomes uninterested. It slinks off into the shadows without a second glance.

You let out a shaky breath, making sure it's gone before continuing on your journey with nervous steps—terrified of meeting it again.

The black cat is your internal amplified danger. Something you are afraid of, that in reality, doesn't pose much of a threat to you at all. Sure, it has the potential to scratch or reject you. But any harm will be minimal.

How and why is a danger amplified? Well, you amplify dangers by allowing yourself to focus only on the potential negative consequences of experiencing that "danger," not any positive ones. This means you don't have a balanced or reasonable perspective to base your belief of the severity of the danger. You just believe it is extremely threatening to you and that you need to stay away from it.

The reason for this may be that when we're initially afraid of something, sometimes we look for evidence to support that fear or belief. We may want to keep that fear, and so we will try to find reasons to do that. Whereas, if we don't want to keep it, we will naturally look for opposite evidence to disprove the likelihood of it.

But if you can amplify that danger, you can also mute and disprove it. Learn to not fear it anymore because you've looked at all the evidence. Not just one side of it. And that's what this book is about. Realising that you are afraid of something internally more than you need to be,

and it doesn't pose as big a danger to you as you have been thinking.

Now, you may argue here that the amplified dangers concept also applies to physical fears. Yes, it does. I'm not saying that it doesn't. But those amplified dangers don't frighten you away from peace and growth the way that internal ones do.

I also argue that physical amplified dangers are easier to judge the severity of threat compared to internal ones. Take the fear of dogs as an example. This is an amplified danger that's created a permanent physical fear. When you encounter a dog on the street, you can easily judge the severity of the threat to you based on the size and breed of it, how far away it is from you, and whether it looks like it's about to attack you or not. You can then decide whether you'd like to avoid it or challenge yourself to ask permission to pet it.

This is different with internal amplified dangers because we can't judge them as well. When it comes to personal and interpersonal concepts and experiences, they aren't as easy to predict or measure based on the variables. Meaning instead of attempting to analyse the threat before us, we start catastrophising and amplifying the danger to ourselves.

Sticking with the fear of inadequacy, this is something that has the potential to extend into every area of your life. Public speaking is often one of them. When you're about to make a public appearance or speech, whatever the occasion, you fear not being good enough to present

your speech well. You fear making a mistake. From this, you start imagining every single thing that could possibly go wrong. But what's often the case is that you give the speech with little to no hiccups, do a great job, are praised for it, and move on.

You amplified the danger in your head, made experiencing the pain of fear so much worse, and even risked being completely limited by the fear and not stepping forwards to do the speech at all. That is why this book is only focussed on amplified internal dangers that create your unconscious permanent internal fears.

If you'd like to experiment with the practices and exploration of your physical fears while going through this book, I encourage you to do so. But every type of fear and danger is not my focus. Instead, my desire is to dive deep into the real threat to you (your unconscious permanent internal fears), rather than the fears you can, and have been, processing on your own.

Therefore, if you're willing to accept that you have been amplifying your dangers and creating unconscious permanent internal fears with them that do not deserve the trust and respect you've been giving them, please join me in chapter two.

Let me summarise chapter one, as I know we've covered a lot here:



There are multiple forms of fears, including physical, internal, temporary, and permanent.

## The Faces of Fear

✿ Conscious fears are those you've knowingly chosen to adopt and keep for your growth and well-being.

✿ Unconscious fears are those that you're hosting simply out of instinctive fear, without questioning whether they are worthy of your trust and respect.

✿ Unconscious permanent internal fears are a danger to you. You should not blindly trust them.

✿ The black cat represents your amplified dangers that don't pose as severe a threat to you in reality as you believe.

Call to Action: Have a think about your fears and see if you can start distinguishing them between the different types we've explored here. Do you know what your unconscious permanent internal fears are? Do you know which dangers you're amplifying?

