



“Cancer Treatment Centers of America® gave me a team that stood beside me and was ready to fight. They restored my hope.”

~Beth Gomez
Cancer Survivor

Don't Let Anyone Tell You There's Nothing More That Can Be Done.

When Beth realized there was nothing more that could be done, she turned to Cancer Treatment Centers of America® (CTCA), where we have been fighting complex and advanced cancer for decades. Beth's team of CTCA cancer experts worked with her to create a comprehensive and tailored treatment plan that combined leading-edge oncologic medical treatments with naturopathic medicine, nutrition, rehabilitation, psychological counseling, spiritual support and pain management. We are different. At CTCA, we never give up.

Call now to speak with one of our Oncology Information Specialists and learn how we fight cancer like no one else.

1-888-214-9488
or go to **cancercenter.com**



Cancer
Treatment
Centers
of America®

Winning the fight against cancer, every day.®

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PTA meeting, a speech at a wedding, a funeral, a briefing during a staff meeting or a full-scale conference keynote, public speaking. Being a confident speaker requires training, not talent. This skill and you will command attention and respect that you deserve. Your successes will ensue.

Fear of encroachment

Women and men today are working in fields that were once traditionally gender-specific, such as the military, manufacturing, construction, automotive, nursing, and beauty, culinary arts, etc. Working in an environment stereotyped by gender has its own challenges and requires a level of confidence in your abilities and a strong voice to be heard, and even to stand out, among others who may not regard you as a peer. If your desires are unconventional or nontraditional, or simply different from what is expected of you by family members or friends, dig deep and stay true to who you are and what you want out of life. You don't have to be loud and aggressive; just be unwavering in your vision and determined to persevere.

Fear of power Power is your personal fuel source – from where your strength emanates and your passion burns bright. It is the juice that allows you to keep going in the face of adversity. Without power, you simply cannot move forward amid life's seemingly endless roadblocks. For all of its importance, power is a mindset – a genuine, heartfelt belief that you can do anything you set your mind to. Period. If you aren't tapping into your authentic power, take some time to dig deep and cultivate it. It's there for you, available for you to use, and it's yours to make your dreams come true. Work hard, attain, achieve and savor it. Then, continually aim a little higher, achieve and savor it. Before long, you'll be powerful enough to shoot for the stars.

Fear of inadequacy Feelings of inadequacy can come from inherent low self-esteem or past negative life

experiences. If someone has told you that you couldn't do something or shamed you into believing you weren't capable of doing something “well enough,” you may carry that feeling of ineptitude and not even realize it. This subconscious stranglehold can be truly debilitating. The best defense against a fear of inadequacy is to learn and master the specific skill, subject or activity in question and, by doing so, you will become self-assured in your execution. If it's more about fundamental self-esteem, seek out the emotional support to help you value and believe in your own capabilities.

7. Fear of failure All too often we stop short of attempting something new for fear we might embarrass ourselves or, worse, fail all together. Any given undertaking has the possibility of resulting in failure, which is never a desirable or welcome outcome. But, when facing something new, a fear of failure can be amplified as anxiety or nerves, and our “fight or flight” instinct kicks in. These intense feelings can cause us to put our aspirations on the shelf where they can languish in perpetuity. Mary Kay Ash perhaps said it best: “Fail forward to success.” Indeed, failure is part of the road toward success and should not be feared, but embraced as an opportunity for growth.

8. Fear of compromising integrity Integrity means doing the right thing even when no one is looking or will ultimately know. Many fear that, in order to be successful in a career, we have to compromise our integrity and go against what we believe to be right. Overcoming this concern requires nothing more than establishing a specific set of boundaries for yourself and knowing exactly where and when you will draw the line and, then, sticking steadfastly to those parameters. It is a commitment to making belief-based decisions in all aspects of your life so that, when success is realized, there is no guilt or angst involved in how that success is manifested. It is important to recognize that you *can* be successful while adhering to your personal value system.

9. Fear of vulnerability

While it can be uncomfortable and downright scary to open yourself up and expose your true inner self, your ideas and aspirations to others of importance in your life, doing so can be cathartic and a true turning point in effecting positive change. Letting down your guard takes courage and strength, and allowing yourself to be vulnerable can help you relate better to people on a more intimate and personal level.

10. Fear of being alone

Many people stay in abusive relationships or negative career situations because they are afraid of being alone, breaking away from the pack or becoming isolated from situations and people they once valued. It's impossible to be completely content in life if you are uncomfortable being by yourself, or if a positive mindset is contingent on anyone or anything else, such as personal relationships or professional affiliations. Such codependency allows your attempts at happiness and success to be controlled by external third parties, which will rarely bear optimal results.

11. Fear of appearing

selfish For some, it feels selfish to do anything for themselves, so instead,

they do for everybody else and either burn out, harbor feelings of resentment or both. To neglect your own needs and focus solely on those of others can make you feel overwhelmed, stressed out, under pressure and weighed down. Often it can be difficult to find a way out of this quagmire once people have developed expectations and have come to depend on you – and you're not one to disappoint. However, taking care of your needs first is not a selfish luxury, but rather a psychological imperative to ensure that you are emotionally nourished in your own right. Only then should you tend to the needs of others. Serving others should not be a substitute for self-care.

The best way to combat any fear is to hit it head on, keep moving forward and stay focused on achieving your goal. There will always be obstacles that make reaching your goal seem impossible, and you must be disciplined and tenacious enough to stay focused and on track toward your goal. You must also be committed enough to not only make a promise to yourself, but also see it through even when the going gets tough. Only then can you keep the fear at bay and hit the fast track toward success. ■



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