

Class 13: Will Smith: How to Face Fear

Introduction

Fear is a natural defense mechanism of our body. Without it, we wouldn't know how dangerous it is to jump from a mountain or face a lion. But in the modern world, the fears we feel day-by-day are more related to a psychological fear. It may be a fear of quitting your job and looking for a better one, the fear of talking to someone, the fear of having a meeting, the fear of making an important decision or taking a big step!

Fear is an emotion provoked by a threat of danger, or of harm or pain. Everyone experiences fear at some time. It's a normal part of life and can protect us from harm.

Fear can be caused by a real threat (such as an angry snarling dog) or by an imagined threat. Where fear is due to an imagined threat, it can usually be overcome by logic and reason.

Preparation

Write 5 psychological fears that people usually have and later, compare with the group to see which fear was the most common:

- 1.
- 2.
- 3.
- 4.
- 5.

Watch the video: <https://www.youtube.com/watch?v=o4gEmLpxHHk>

Activity

Explain the meaning of these phrases from Will Smith:

1. *"Fear lies to you!"*

2. *"The point of maximum danger is the point of minimum fear. It's bliss!"*

3. *"We have to wake up every morning and try to empty the ocean with a ladle"*