

## **Being Scared is Different from Living in Fear**

Some people are described as fearless. Ain't so.

If a person has never known fear, they either live in a small box and never interact with anyone or they are blissfully unaware. Either way not knowing fear is not healthy. The people we identify as fearless are those who deal with their fear.

Some people use their fear to increase their awareness and to sharpen their skills. Some build systems to identify threats early enough to give themselves a chance to respond. Others find training and develop new skills.

What do you do with your fear? I am not a psychological counselor but my combat training has taught me to react by using skills honed with well thought out training.

The first thing you need is a plan. You must develop a Family Action Plan and have a safe room. Stock your safe room with the stuff you need to get through an emergency. See my articles on each of these subjects.

As you develop your plan, there will be skills that you will wish you had. Go get them. The most needed skills that my students identify involve first aid and defense training. The confidence that these skills impart will spill over into other areas. Soon you will realize that you really can accomplish anything.

Please, do not rely on others to give you security and peace of mind. You can certainly use the services of security, training, and alarm firms as parts of an overall security plan, but the responsibility rests with you. You do not have to live in fear.

**Remember: You are not helpless and can choose not to be a victim.**