

OVERCOMING THE FEAR OF BEING FABULOUS

Welcome to Module 5 *Beyond the Fear of Being Fabulous*

Overview

On this occasion we were the special guest speakers at the National Association of Baby Boomer Women, with the founder, Dotsie Bregel and we helped her audience flesh out their vision of what life is like “Beyond the Fear of Being Fabulous”. With that destination in mind, you’ll move forward almost effortlessly toward the experience of feeling the *freedom* to be fabulous.

During this session, we answer a number of questions sent in to us by Dotsie’s community. So as you listen to all of the questions and our answers and stories we invite you to see if they trigger any deep memories in your own life.

And at one point we talk about the benefits you’ll experience by listening to two of our other workshops—Overcoming the Fear of Being Fabulous and its companion program Overcoming Negative Head-Talk. We’re pleased to let you know that both of those modules are now part of this workshop as Module 4 and Module 11, respectively.

Transcript

Judith:

Well, we have all heard about the glass ceiling that women can suffer in the workplace. There are some even more formidable barriers to women’s professional and romantic success that does not get talked about very much. It prohibits women’s full expression of their personal power, their personal sense of being in the world. And what is that? It is the unconscious glass ceiling that Jim and I call, the Fear of Being Fabulous.

After twenty years, that's how long Jim and I have been together and we have been doing this research and observation and we have seen over and over and over, that it is the Fear of Being Fabulous that is to blame for so much of women's frustration, their depression, anxiety and their general sense that they are still losing out. No matter, the women's liberation movement and all of the worldly progress that it achieved.

So consequently, most women cannot even imagine what it is like beyond that Fear of Being Fabulous. At the same time to make matters worse, there is the presumption that it is only women who bump into this internal barricade. As if men go about their lives with clear sailing. But over the past twenty years we have heard many, many women complain, not but, it's really over the past twenty years we have heard many, many women complain that men do not suffer in the way women do. Because they are convinced that men have all the power and the internal permission to go with it.

Jim:

Let's talk about men and their internal permission. Let's think about some film stars. Robert Downey, Jr., Charlie Sheen who battle drug abuse. Mel Gibson who got tanked and ended up screaming at a policeman on the highway in Malibu. And how about the suicides in the other entertainment industry? Elvis Presley, Kurt Cobain, Jimmy Hendrix, Lennie Bruce, for those of you who remember Lennie Bruce, to Boston's lead singer, Brad Belt. Then there are the athletes, Coby Bryant and Pete Rose. Pete Rose just admitted he was gambling, and then you have the athletes who risk entire careers with steroid use and other drugs.

You may be saying, those guys are all entertainers and athletes, they are in the public spotlight, and that is what does them in. We assure you that while the public spotlight may indeed amp up the inner demons of the Fear of Being Fabulous; there are countless everyday men from medical doctors to truck drivers, to the men living right across the street from you, or perhaps next door, or up above you in your apartment building, who are also driven to mess up, or even destroy their lives by some kind of inner torture, that we call the Fear of Being Fabulous. This is often at the height of their careers.

Judith:

So why are so many people unhappy in their lives? It's because the fear of being fabulous is epidemic in our culture. It gets talked about once in a while. Sometimes, it will be raised in the school system, some discussion about the lack of self-esteem, but we do not go into depth about what is causing that.

Then once in a while, there is some kind of superficial, and because it is superficial, it is therefore harmful; self-esteem program that gets developed and used in the schools and

one of the bizarre side effects of that, that you may recall, happened in the last few years is the banishment of rewarding excellence in the school system. No longer having a valedictorian at graduation. Think about it. What does that mean? We are not going to reward excellence because we are afraid that the students who don't get awarded are going to suffer an injury to their self-esteem.

Jim:

That is a mistaken idea because that self-esteem is something that someone else can give you, that's the idea. That self-esteem is something else that someone can give you, and that someone else's success can injure your self-esteem. Both sides are false and deeply, deeply dangerous.

The fact is, and please remember this, self-esteem, in other words being fabulous and living a fabulous life is never granted to you, it is always earned. In fact, it is always gained through the process of winning over your inner demons. And I don't mean winning over, by bringing them on your side. I mean winning over by triumphing over them. So to help you do that and to help you become more of a participant in this call, I'm going to ask you to do something and that is bring to mind an area in your life right now that you feel stuck in. Bring that to mind, and keep it in mind throughout the call. Because you can use that as your point of exploration as we move through the principles and the ideas in the Fear of Being Fabulous, to see how they apply in terms of how you are stuck and what you might be able to do to move on beyond them.

Judith:

To bring you forward in your own life so that you can get Beyond the Fear of Being Fabulous, we are going to answer the following questions. What does the freedom to be fabulous, to be really true to you, what does that feel like? Who do you become when the freedom to be who you really are guides your every move in your private life and out in the world, think about it. We are going to talk about what success means when you live true to your fabulous self. What can you do to progressively move into that freedom on a daily basis? We are going to cover a lot more.

Jim:

First things first. You may not be familiar with our work and therefore with what we mean by the Fear of Being Fabulous. We will answer some of the many questions we have received on this topic for you while you registered for this call. Making sure that these questions we answer are in a sequence that will make it easiest for you to follow so

you can engage in your own inner exploration of moving out Beyond the Fear of Being Fabulous.

Several people have asked us questions about this topic, Fear of Being Fabulous, so we will use several of them to make sure we lay down the basics before we get to Beyond the Fear of Being Fabulous. To protect your privacy and the privacy of the questioners, we will not use any names or any identifying information.

Judith:

Now the first question is a great example of the type of thing that happened in our growing up years. It happened to both Jim and to me, and it's no surprise that this is one of our core issues in the work that we do, because we have had to address our own Fear of Being Fabulous.

Now, the questioner writes and she says, "When I was a child I got many messages from my parents and teachers that I wasn't good enough because I was a girl. Intellectually I know that this isn't true, but how do I get beyond those deep seated feelings of fear and anxiety and of not being worthy?"

We want to talk about how common this is and how difficult, now think about it. I just said it's common. I just said that it is common for people to tell children they are not good enough.

Well, very frequently in our culture, we don't want to think about that, but it's true. So we have to look at how difficult it can be to acknowledge that people who were supposed to have only your best interest at heart, people who loved you as best they could ended up feeding your mind, feeding into your unconscious mind false information about who you were and what you could do.

Things like, and these are just the most common examples we could think of but we heard such a wide variety.

No doubt you can think as you reflect on the issue that you are focusing on during this call, see what you remember being told to you. What came to our mind right away was, you're not going to amount to much. You make me tired. Don't eat that, you'll just get fatter. People like us don't do that. That is like the parents of a client of mine said to her when she said she wanted to go Europe after high school.

Those are just tiny examples of what gets fed into our unconscious mind by people who say they care about us and are trying to care about us as best they can and that gets fed into our unconscious. They don't know they are doing wrong because it was done to them.

Jim:

But here is the key message from someone who is telling you or who told you that, the key message is, do not be other than we are. Don't be like anybody else but us, or different from what would keep you here with us. That is a common, common experience among people and it feels like an un-identifiable, unarticulated prison. There is something holding me back and I don't know what it is. The Fear of Being Fabulous, more than anything else; now listen to this because this is important, more than anything else is your fear of betraying that unconscious command; your fear of betraying that unconscious command. Now the woman who wrote and said that she was belittled because she was a girl, she knows the content isn't true, yet her question is still, how do I get beyond those deep seated feelings of fear and anxiety and of being not worthy.

Now here is something to note, you may hear the word deep seated, as with regard to a seat. But that is not how she spelled it. She spelled it seeded, with regard to a seed, be a deep seeded question, be it deep seeded issues.

Judith:

Because they are indeed deeply seeded into our very primitive psyche. These beliefs, the unconscious, self-diminishing beliefs got started when we were tiny, tiny little people, before we could even think for ourselves, so they are indeed deeply seeded. That's why getting Beyond the Fear of Being Fabulous is a deep inner, seven step process.

Now I will go through those briefly, but that's not the point of this call exactly. There is other material that we offer that can give you a lot more information.

But one is to recognize that you have been in loyalty to those that lied to you. We call it the Love Grip.

Jim:

And number two, is to feel your reluctance to push past the lie and expose how wrong it all was.

I'm going to repeat what Judith said and come back to number two. You were involved in a love grip and that is the loyalty you feel is based in an act of love and it's an act of love we generally feel toward, and when we are very young, feel toward those around us and when we assume and absorb their points of view about us, we took those in as though those are meant for us and for our own good.

So it's based in an act of love we call the love grip. And then you have to recognize and feel your reluctance to push past the lies that you are being told, like for example that

she wasn't good enough because she was a girl, and expose how wrong it all was. That's the hard part, to expose and see how wrong it all was. Then you know that the only way you can forgive them for doing what they did, and the only way you can forgive yourself is to grow past the limitations and the lies that were laid into you. That's really critical.

Forgiveness is not a conceptual act; it is an actual behavioral change; if there is no behavioral change then there is no forgiveness. You tackle one piece of the lie in this case, she knows that she is not quite good enough as a female, you tackle one piece of the lie at a time and you have to challenge the fear and the anxiety because the fear and the anxieties we will develop later are actually products of the lie.

Judith:

And she knows that she is quite good enough as a female.

Jim:

I see what you mean. She knows she is quite good enough but that doesn't matter because unconsciously she is being trumped by the belief that she isn't good enough.

Also, you do the thing that will hold you back if you don't do it, so it must be large enough to challenge the lie and your lifelong emotional marriage to that lie. And we're going to say that again, your lifelong emotional marriage to that lie. You are married to that lie like you were married to your spouse if in fact you are married.

Also, be prepared to weep and grieve, men and women included, because there is a loss of the old identity. Every step of the way out of the Fear of Being Fabulous there is a sense of loss of the old identity, and it must go. And there will be grieving that accompanies that.

Finally, celebrate every triumph, every triumphant expression of who you really are because everyone is fabulous, by our definition, everyone is fabulous when living in their real truth.

Judith:

Now to give you a good idea of what to expect on the other side of the Fear of Being Fabulous, we are going to use your questions and answer them pointing you to see what it's like beyond your current fear. And we are not just talking theory, as I said; we have worked ourselves with this issue in our lives and with our clients for a combined 50 years of experience between Jim and me.

This is an area we know deep and well, personally and professionally.

Jim:

So, as Judith said we're going to start with the questions. Here is question number one in this sequence. "How do I deal with family members who choose to see me as being less than fabulous?"

Well, as we said before in the list of what you have to do, first of all you have to acknowledge that, that is going on. It's not easy because you have to see those who say they love you as actually not loving you. You don't blame them, but they are doing the best they can. But what they are directing toward you is actually keeping you smaller than you are and Beyond the Fear of Being Fabulous, which is the whole point of this evening. Beyond the Fear of Being Fabulous, you will insist, you must insist that they treat you only with respect, especially if they tend to mistreat you.

Otherwise, you will ignore what they are doing because it's a waste of your precious time trying to correct them and then you are caught in a loop. You will have discovered that they really, really don't want to change. That is another painful discovery.

So, chances are pretty good that you will also limit the time you spend with them. A lot of people find that a horrifying statement. My God, what do I do, these people are around me, and I've been with them for years. You have to make a choice for life or you have to make a choice for your full life or a limited life, and that really is a legitimate choice. This is not meant cynically or I don't mean it ironically, it is a legitimate choice you can make. I will live this way or I will live that.

If being Beyond the Fear of Being Fabulous is something that you are really interested in, part of what you may have to do is limit the time you have spent and maybe even cut off the time you spend with those that have been in your life and that have helped you construct this particular view of yourself.

Judith:

All right, the next question is; "Do you think women fear being fabulous more than men?"

Well, while it may appear that way because women still suffer from the belief that they are second-class citizens, it is not something that we have observed to be true. Because on the other hand, in our culture men still suffer from the demands put on them by their family and the culture that they have to be on top all the time. They are nothing if they are not winners. They are called wimps or sissies if they are not out there battling in one form or another.

In fact, one man wrote us a question with regards to the topic we're speaking about tonight and said that he thought that the word fabulous was the wrong word to use because it was a gay word, and he was quite serious. He said that if he thought of himself as being fabulous that would make him feel like he was gay.

Now think about that. The inner pressure that this man lived with that he can't even use the word fabulous without feeling undermined.

So Beyond the Fear of Being Fabulous, you know that labels are false, that gender is a trap and you know in the fiber of your being, you know in the core of your identity that you can do anything that is in your power to make it happen.

Now that doesn't mean you can be a professional basketball player if you are 5' 2", no that's not what we are talking about. But you find that what others think is irrelevant, you know that it's not an affirmation or a prayer that is just going to somehow, you know make you fall into being fabulous.

It is instead a cellular knowing of growth that you've accomplished by moving further and further into what makes you, you; what makes you express yourself fully in the world, that gives you the unbridled freedom to go after anything you want full speed ahead. That's just a flavor of what it is like Beyond the Fear of Being Fabulous.

Jim:

Here is another question and it pertains to one of the steps in the seven step process, and that step is, do the things that will hold you back and it must be large enough to challenge the lie and your lifelong marriage to that lie.

We received the question and it says, as follows: "What can I do to be a fabulous small business owner?" Well, we can't give you a whole list because we don't have the time, but here is a very critical behavior, a very critical choice you can make, ask for help when you feel stuck.

Now why is that critical? Because when you ask for help you extend yourself on beyond your own limitations and those you ask for help from, hopefully are not imbedded in your vision of your belittlement. So they will show you and they will recommend things to you that actually can move you out. They can show you things and recommend things to you that can actually move you outside of your sense of being limited. They can take you where you can't yourself, see to go.

So what you need to do is implement your larger ambitions. Particularly those ambitions that require you to ask, those ambitions will bring up what you have to deal with to move forward.

Don't permit yourself to make excuses.

In business, it either works or it doesn't, there are no excuses and that actually is the beauty of business.

Judith:

All right, next question is: "How does one most effectively deal with perfectionism plus procrastination equals paralysis." Well, I would guess that almost everyone on this call, in one form or another has felt the curse of perfectionism, which leads to procrastination which ends you up feeling paralyzed.

Think of it this way. Perfectionism was learned when you were much younger and you tried to please people who made demands but could not ever truly be satisfied.

And those demands may not have been overt. They may have been something you just knew that was in the home, in your environment, it was a demand. On some level, you knew that you were never going to be able to actually please them. So, procrastination is a fabulous safety valve for that excruciatingly painful awareness that you are never going to be able to live up to the perfectionism that is demanded.

So, why bother, why bother to try?

But, now get this, because Beyond the Fear of Being Fabulous, you are the only one in the world you need to please. Oh, yea, you may have a job where you are worried about your boss, but you can change jobs. When you really make a commitment to being Beyond the Fear of Being Fabulous, you will make sure you don't work for somebody who isn't happy with you.

When you are in that state, it's only about winning your race on your terms. You recognize that what has held you back is the loyalty to your deepest desire to love and be loving.

But the only way you knew to do it then, was to sacrifice yourself in an effort to be perfect, but it always resulted in failure. Those days are over when you move into the freedom to truly be fabulous. Because paralysis is your altar to worship to that futility, know that. If there is one single thing you take away from this call it is that when you feel paralyzed, when you feel like you are chasing perfectionism, when you are procrastinating you are worshiping at the altar of futility. So, change your loyalty to pleasing you.

Jim:

Now, how about you? We ask you to bring an experience or area in your life where you feel stuck now. How does what we have covered now, what we have covered up to this point apply? For example, if you are a woman, did you learn that you weren't good

enough because you were a girl and even though you may know that, that is silly and nonsense, in fact it still is operated within you.

Or are you having difficulty with family members who will not see you larger than you are, will laugh at your ambitions, and will mock your desires.

Or for example, you have a small business and you want to be able to extend that business in some way or as Judith said, are you the perfectionist who procrastinates into paralysis?

You need to use these points that we are bringing up and just look at yourself, because, first of all, the recognition is critical and then with what we are suggesting, you may be able to see a way, in a flash moment of being able to move out beyond where you are.

So, keep checking yourself out. That is how you are part of this call, so the call doesn't belong to us and we lecture, but it belongs to you because we are interacting emotionally.

Here are two more questions that are related and I'm going to deal with them separately, but the questions are: "Would I be able to handle it or like it if I got Beyond the Fear of Being Fabulous?"

That's one question, and there is a corollary or a related question, which is, "What if I'm not fabulous?"

I am going to deal with both of those.

Beyond the Fear of Being Fabulous isn't something that you need to handle. Being in the Fear of Being Fabulous is something you definitely need to handle, but when you get beyond it, it's the freedom to just be you. It's only you at your fullness, at your wondrous best; you are full out into the world doing whatever excites you.

Now if someone is caught, like Judith and I have been, in our own Fear of Being Fabulous, to hear somebody like me say, it's only about you at your fullest, wondrous best and your most full out there doing whatever excites you. It just sounds like bull, frankly. It just sounds like bull. These people are just preaching platitudes. These are just things you read in cheap psych books, or cheap self-help books.

But it is really, really true; it really is true, that when you get Beyond the Fear of Being Fabulous, it is about you at your fullest expression. And what you find out is your expression keeps growing and it keeps growing. You don't have to handle it, oh, you may have to handle this problem or that problem, in life that comes up, but it's not about handling you and your insides.

It's more like play, more and more and more, but it's not like play when you were a kid, it's like making your family, your career, your profession, your business, your health, super terrific.

So the other question, “What if I’m not fabulous?”

Believing that puts your life on the line. Now you may not die physically, but your soul is dying, your psyche is dying; your emotional body is dying; if you believe, what if I’m not fabulous, you are putting your life on the line and you have to uproot the value you place on that belief. Because it is that belief, that you value that is actually the source of your even asking the question; because you have to uproot it, because what you say is impossible.

Everyone is fabulous in their own way, and that’s really another truth. That is not another cheap self-help platitude; it is absolutely the truth. And that includes you, but only when you are living true to who you really are. To believe that you are not fabulous is living and breathing a lie.

Judith:

I am just going to add to what Jim said, which is that you are actually a miracle. There has never been another you in all of the history of this planet and there never will be again. So, you have to be fabulous when you are being you, because only you can be you.

Next question. “What if my experience and skills in my craft are not what they should be in order to be fabulous beyond myself?”

If your experience and skills are not what they should be, you are cheating yourself. You need to get the experience and grow the skills that will take you beyond where you are. That is a practical necessity for everyone who wants to advance. It won’t glop on you, just by practicing positive thinking, you know or hoping that the Law of Attraction will create magic without you getting ready for it. It is not going to happen that way. You have to grow the experience and the skills.

Jim:

Another question, “When I feel fear, what will transform that to motivation?”

Well, fear arises from within the voice. Let me repeat that. Fear that arises from within is the voice of the lie. It is a symptom of the lie. It’s your loyalty to being limited. Wherever you are going that gives rise to the lie and then gives rise to the fear, keep moving in that direction. Your awareness that your fear is a lie, plus your commitment to going forward is the psychic engine that transforms fear into confidence, into expression and achievement and when you pursue that and you ask for help and you are willing to go forward and you get Beyond the Fear of Being Fabulous, you will have claimed your life and rejoice in owning it on your own terms.

Judith:

Jim, I just want you to say that again, because I think that is so critical that people understand, that well I'll just go ahead and say it because I was just sort of burning with it as I was listening to you, but your awareness that your fear is a lie, your fear is a lie, and when you add to that, that your commitment to going forward is essential as the psychic engine. Your commitment is hugely powerful.

When you commit to going forward, it's the psychic engine and it's going to transform your fear and you'll end up being confident, being fabulous, and being free to be you.

Next question. "I'm not beyond the fear yet, but I'm getting there. Can't imagine what it is like not to have the fear. I guess I still have the question, what is it like to be without the fear?" What's it like? Doing anything you want to. Calling people for help, going where you can meet the right people to help you, growing your skills because you love it, being free to do whatever you want to do.

Jim:

Again, check yourself out. Take a look at how you are responding, what you are thinking. Are you thinking, oh, come on? Then that's the lie speaking. Are you afraid? That's the lie speaking. If you are opening up and relaxing, if this is saying to you, if what you are saying to us in response is yes, then pay attention to what is happening, because that is why we ask you to bring your own experience to the game.

Another question. "I don't get hooked by other people as often as I used to, nonetheless how do I stop from getting hooked in the first place?"

Well, here is another really important key; the hook is never out there.

The hook is never out there; it's only inside of you. That doesn't blame you, that doesn't mean you are wrong or bad, it is just simply the mechanical fact, the emotional, mechanical fact, it's inside of you. It's your belief that whatever they are saying about you is true and valid for you, and that's why you are getting hooked. Only you can agree with them.

So Beyond the Fear of Being Fabulous, you truly will enjoy the freedom to pursue your life without that internal hook that internal conviction that is looking for a belittlement to hang itself on. Remember the hook is never out there, it is only and always inside of you. And it is your agreement with them that causes the hook to hook.

Judith:

Next. "How do you keep from having to continually fight your Fear of Being Fabulous after you learn to recognize it?"

Once you recognize your fear for what it is and this is critical again, that fear is a lie. And when you recognize that your fear is a lie, then the fight is over up to a point. The only reason you have to fight the fear is because the fear has power. Once you strip the fear of its power and you see the lie for what it is, that doesn't mean that there aren't behaviors and habits that you will have to overcome, but your permission to be fabulous has been set free, the fight is over and now you just take yourself forward, step by step, as we reviewed earlier. You may run into fears as you move along because it may not be banished entirely yet, but you are smart and you are on top of it and you keep going.

Jim:

There is an important point to be made here, when Judith said the fight is over. There is a difference between fighting internally because you have conflicting intentions and you are struggling and caught between them, so when somebody says continually fight your fear, yea. Yea, you are in a fight because the lie is working against the truth and there is a conflict going on.

But once you recognize your fear for what it is, when Judith said the fight is over, that doesn't mean there won't be conflict, but that internal conflict, that set of conflicting intentions virtually, dissolves, but that doesn't mean that it is over in the sense that there are behaviors and habits that have to be taken care of. So it's really critical to understand that recognizing your fear for the lie that it is, is extraordinarily powerful.

Judith:

Now, we have a question here, "How do I stop that nagging voice that says, you don't have the energy to make that happen, when I think of things like getting my book on the best-selling list?"

Jim:

Another question, "What techniques do you use to turn off the negative tapes in your head and move forward to realize your dreams?"

Judith:

Well, now we want you to know that if you are ready to get rid of that kind of nagging, attacking, condemning voice that is in your head that puts you down and makes you miserable, because if you've got the Fear of Being Fabulous, you've got that lousy, nagging negative voice preventing you from living a fabulous life.

I really want to pay a little extra attention to because of the way it is worded and what it means. The question is, “Where are all the good men for all of the evolved women?”

Notice, the implication is that there are so many evolved women, but what are missing in action are good men. So, I want everyone listening to think about these kinds of presumptions that you may carry around. They may not be about men or women, they may be about other issues, but when you have those kinds of stereotypical thoughts where did you learn, in this case where did you learn that you can’t have a good man?

For example we have a friend whose mother told her over and over, men won’t stick around if you don’t keep yourself up. You have to have your makeup on at all times.

Notice what the mother was implying. You’re not good enough as you are; men are such that they are not going to stick around.

Another woman we know; her Dad would say, any time she would say about her boyfriend that he was good looking, the father would say, “Is he as good looking as I am?”

And the implication would be no man is allowed to be as good looking as I am. I’m supposed to be the best looking guy in your life. So there are all kinds of ways that we get taught these peculiar ideas that there aren’t any good man around, when in fact the information we’re getting is, we’re not really allowed to have a good man. So just be suspicious of that kind of thing.

Jim:

Two more questions and then we will wrap it up. These are two business questions.

The first question is; “How do you rebuild trust after being in a bad business relationship that took advantage of you taking the higher road?” How do you rebuild trust after being in a bad business relationship?

No one takes advantage of us without our permission and our cooperation somehow. So, if you want to build trust you have to recognize your participation in the bad business relationship and that recognition sets the ground for trusting yourself. Because you did not trust yourself, you got yourself into a situation where you could not see, and the other person may have been malevolent, I’m not denying that, but you managed to work yourself into that relationship so there is some kind of unconscious cooperation.

When you recognize your participation that sets the ground for you to trust yourself, and that’s the only step you need to take because when you do that, you will be better and wiser the next time; because trust resides in you first, and then it resides in partners afterwards.

And the second question is as follows; “I would like some assistance in being at ease with stating my work as a consultant in the health field. I have no doubt about my knowledge or skills as a practitioner; however the issue of actually comfortably stating my work is an ongoing struggle.”

That’s a struggle for a lot of people in the health and the helping field because there is some sense that to be a helper, it’s somehow priestly or priestess-like and you are not supposed to be paid for it. But it sounds to me again, like what is being asked here, it sounds like by the word worth, you mean the word money, by being comfortable charging for your services. If you have a truly beneficial solution to someone’s problem, they would gladly pay you for it.

Take a look at your own insecurity with respect to what you think you are worth; because your dis-ease, has to do with your self-regard, or your lack of self-regard which produces your discomfort.

So, remember a time when you needed help and someone provided it to you. Someone genuinely provided you help. If you paid them money, was it worth it? And if not would you have paid them, if they had asked? If you are honest with yourself, the answer has to be, of course, yes. And that is the very yes you can apply to yourself as you stand confidently in your own work, able to announce it and accept it and receive it as the legitimate expression of the exchange of your value for their money because that’s the fundamental exchange in that process.

Judith:

All right. We want to thank you all for sending in your questions. We weren’t able to answer all of them, but we chose questions that would give a wide variety and hopefully synthesize the picture we want you to have of what it is like Beyond the Fear of Being Fabulous.

And we can tell you from our own journey, Jim’s and mine, on to the other side of that Fear of Being Fabulous that then, you have left home. You have psychologically and spiritually left the past behind and you have cleared out your impulse to cater to others at your own expense.

Don’t waste time with people who don’t appreciate you. You don’t put up with being put down. You are filled with energy and excitement because you are doing what you love to do. You are clear about who you are and that’s what you put out to the world, who you are. Who you truly are so that like-minded people, people like you can see you and make connections leading you to more and more of what you want with more and more people who are thrilling and exciting and wonderful to be around.

And your heart and soul are open to receiving. To receiving all that is rightfully yours. And with that, we want to congratulate you for your commitment to Overcoming the Fear of Being Fabulous.



Key Points and Tips to reflect on that arose during the teleseminar

Many of the answers to these questions will also appear, in step-by-step form, at the end of some of the other modules.

However, all of the following points were addressed in our talk.

- How do you deal with family members who choose to see you as being less than fabulous?
- Do you think women fear being fabulous more than men?
- Start doing things where you've felt held-back. And they must be large enough to challenge the lies and your lifelong unconscious allegiance to those lies.
- You'll experience internal conflicts, so it's extraordinarily powerful to help you recognize that your fear is a lie.
- Are you the perfectionist who procrastinates into paralysis?
- Would you be able to handle whatever the situation is that you feel stuck in, if you get Beyond the Fear of Being Fabulous?"
- What if you are not fabulous?
- When you feel fear, what will transform that fear to motivation?
- Your fear is a lie and so your commitment to change is the psychic engine that will transform your fear.
- What is it like to be without the fear?
- Even though you don't get hooked by other people as often as you used to, nonetheless how do you stop from getting hooked in the first place? Answer – The hook is never out there, it's only inside of you.
- How do you keep from having to continually fight your Fear of Being Fabulous after you learn to recognize it? When you recognize that your fear is a lie, then the fight is over, but only up to a point. There will still be behaviors and habits

that you will have to overcome. But your permission to be fabulous has been set free, the fight is over, and now you take yourself forward, step-by-step. And you'll find these steps listed at the end of Module 4.

- Briefly however, these are a few of the key steps:
- Recognize that you have been in loyalty to those who lied to you. We call it the Love Grip.
- Feel your reluctance to push past the lie and expose how wrong it all was.
- Be prepared to grieve because there is a loss of the old identity.
- Celebrate every triumph because everyone is fabulous when living in the truth of who they really are.

Continue to reflect on the many stories that we shared during this teleseminar and see if the general underpinning message of what happened is at all familiar to your own life. And what lessons can you learn from those stories?

