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Bridging the Worlds of Science & Spirit

# How to make fear your friend



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Hey! Iván here. This is a short summary of my YouTube video about fear.

You can watch the full video [here](#).

Hope it helps and thank you for reading!



You might have heard one of the most common ways of spiritual lingo:

- Fear is bad
- Fear is the enemy
- Don't succumb to fear
- Actions come from either from a place of love or from a place of fear
- Choose to live in love, not fear
- You should fear your fear
- The only thing that you should fear is your fear

But, is this actually true? First, let's discuss what fear is.

## Fear

It is an emotion that acts as a protective mechanism toward those things that are threatening to our survival or wellbeing

It can come from:

- Hard-wired/instinctive mechanisms (everybody is born with them)
- Learned traumatic experiences
  - Personal experience
  - Taught to us

One of the most common misconceptions is that fear is some sort of enemy or that it is the opposite of love. At first, this sounds kind of true. There is something romantic about this idea. Fear is always associated with “bad” and love with “good”. No one wants to live in fear, everyone wants to live in love, right?

Love = Good  
Fear = Bad

This approach rarely ever seems to help people in any meaningful way.

If anything, it tends to make people feel more shameful for “choosing” to live in fear rather than in love.



Let's start with the absolute basics by saying that without fear, right now you'd be dead. Fear of heights, of a car moving toward you or of the thousands of threats out there that we don't even think about have kept you from any of those things killing you.

Under that light, fear seems more of a protector and friend than an enemy.

So where does this misconception and all that spiritual lingo come from?

It comes from the fact that, in many situations, fear prevents us from doing things we really want to do or that are part of our deepest desires.

Sometimes our decisions are fear-based, and those decisions end up going against our own wellbeing, so we make fear the bad guy of the story, labeling our decisions as stemming from fear instead of from love, implying they are opposite. But this isn't the case.

Sometimes...

Fear based decisions



Consequences that hurt us



Fear = Bad guy

One of the available perspectives is to remind ourselves of all the people in our lives who wanted to protect us from painful experiences. Can you feel their love in their protecting intentions?

Fear is no different. Remind yourself of all the ways in which fear acted or continues to act as your protector, and might be able to feel the Universe's love in it.

Being protected from painful experiences is a form of love. Fear isn't the opposite of love, it's included in the realm of love.

Protecting our survival or wellbeing applies to all situations, including the ones in which fear is preventing you from doing what you really want.

The problem with fear is exactly the same as with any other protective mechanism:

Some fears were born in a situation that most likely isn't the one you are in now



Fear shows up in moments that aren't necessarily called for. These are called triggers.

A trigger is a situation that even though isn't exactly the same as a past traumatizing experience, it resembles it enough so that your protective mechanisms against it come online.

Here is another common issue with fear or any protective mechanism: what used to protect us in the past, might be hurting us today. Once it starts hurting us, it means its protection has run its course and it is time to start the process of letting it go.

The problem with any protective mechanism:

It was born in a place, time and situation that is not the one you are in now



Things that were meant to protect us in the past could be hurting you today



Protection expired



Time to start the process of letting go

Fear can prevent us from doing things we want to do. But fear is not the problem, the problem is the unhealed wound. If we were to heal the wound that gave birth to that specific form of fear, we wouldn't be afraid of the thing anymore.

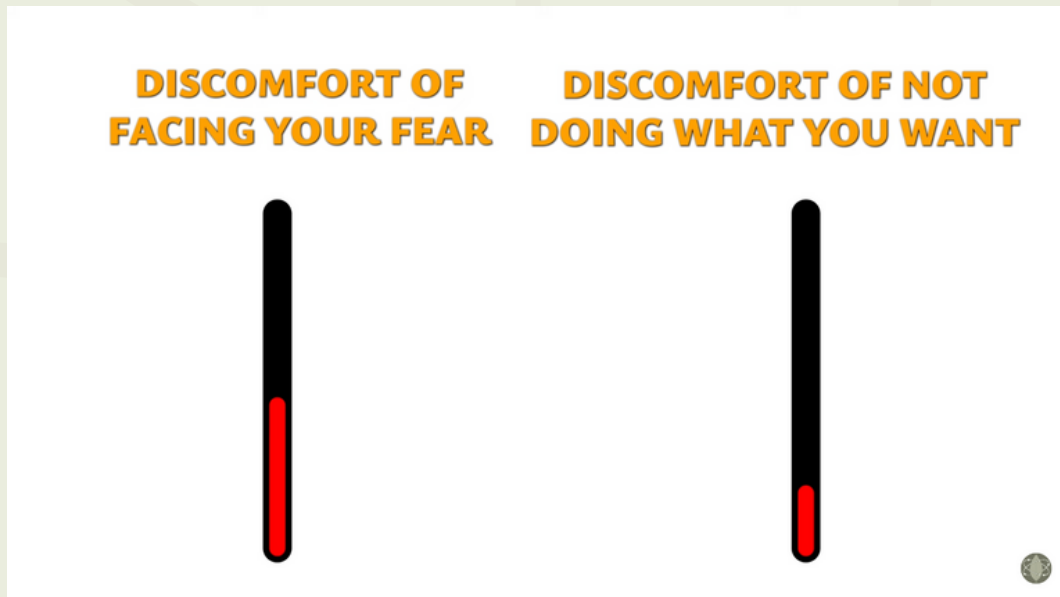
To make it more graphic, when we have an open wound, we are afraid of rubbing alcohol in there because we know it will hurt a lot. But we are not afraid of rubbing alcohol a few weeks later over the scar that wound left.

In the same way, fear is there to prevent us from experiencing more pain on an open wound. These are not physical, but emotional wounds. Since fear is there to protect an open wound, if the wound is healed there is no need for fear, and so it will automatically and effortlessly go away or, at the very minimum, it will drastically reduce its power.

We are pointing our fingers at fear.  
Instead we should point it at the wound that gave birth to it.

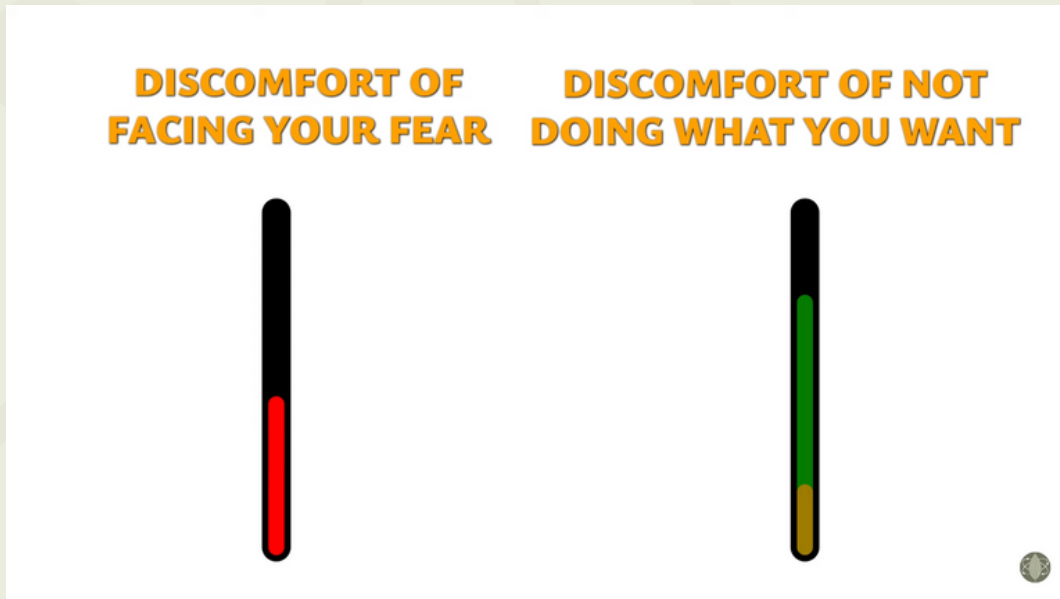
Focus on healing the wound, not the fear.

Another beautiful thing about fear is that when we don't do something we want to do because of fear, our desire to do so grows. Now we are confronted with two uncomfortable situations: the discomfort of facing our fear and the discomfort of not doing what we really want.



The longer we are in that state, the more our desire for it grows. And the bigger the desire to do it, the bigger the discomfort of not doing it.

When that desire becomes big enough and the discomfort of not doing it surpasses the discomfort of facing the fear, we finally face our fear and act upon our desire. Why? Because part of our nature is to always choose the least uncomfortable action.



So, in a way, all you need to do in order to face your fears is to become more uncomfortable with the consequences of not facing them. This process is what I call getting ready.

We always choose the least uncomfortable situation



Easy then! Just become very uncomfortable with the consequences of not facing your fear




Getting ready

Fear is preventing you from getting what you want, ensuring that you get ready first to face it. It is a protector and a friend. Once you are ready, you can finally face your fear. Once you do, the fear says to you: “well done buddy! You did it! You’ve proven to yourself that you are ready! My job here is done”.

## How to get ready to face your fear

But what does it mean to get ready to face our fears? How do we get ready? By doing one or both of the following things, depending on the situation:

- 1.** Heal the wound that gave birth to that fear, so that when you are in a similar or triggering situation, fear won’t need to come and protect you from a wound that isn’t open anymore.
- 2.** Tap into the discomfort of not doing what the fear is preventing you to do. Allow yourself to feel the pain of not following your desires out of fear. If that discomfort is not big enough, it probably needs to grow first by continuing to feel that pain overtime until you are ready.



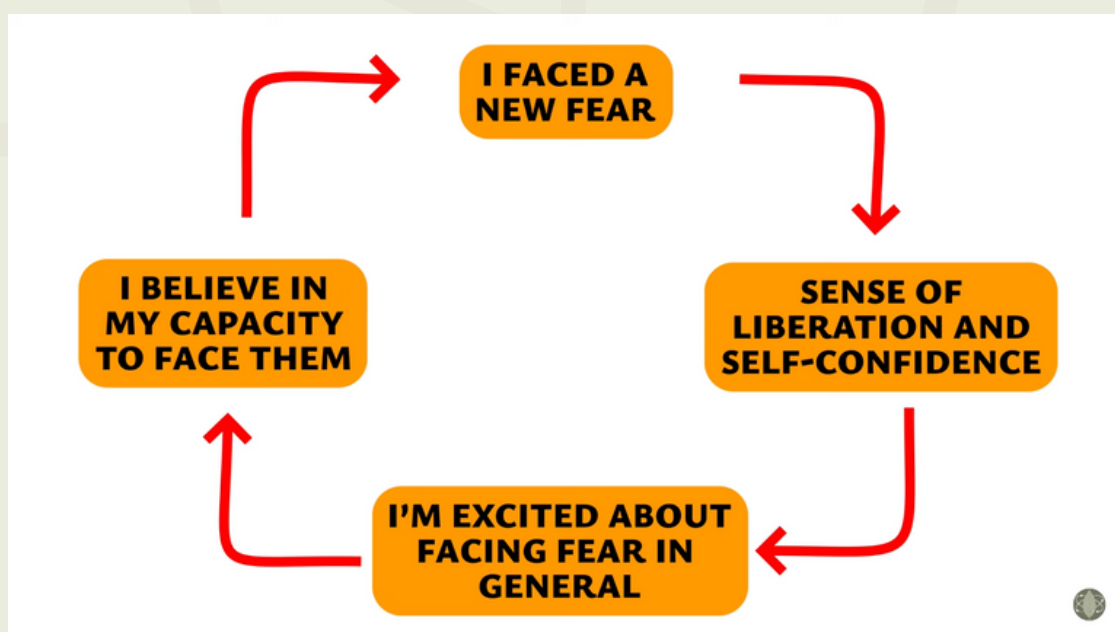
Thank you for not letting me do something I’m ready to do, and for helping me to get ready

Different fears have different thresholds, which is why some of them are easier to face than others. In all those cases, whether they take seconds, months or years, your fear says the same thing: “well done buddy! You did it! You’ve proven to yourself that you are ready My job here is done”.

Wanting to do something and not being able to because of fear is usually experienced as being trapped behind the bars of those fears. Once the fear is faced, we experience a sense of freedom in two different ways:

- 1.** We are not trapped under the fear anymore.
- 2.** We experience the sense of liberation that comes from a new belief. And that belief is “I can face my fears”.

Feeling that newly found freedom, sense of strength and renewed self-confidence in being able to face things we thought we couldn’t creates a virtuous cycle that makes us more excited about facing fears in general, making us more prone to face other fears by believing in our capacity to face them after experiencing the liberation that comes from it.



# Conclusion

Fear is our friend because

- It protects us from re-experiencing past traumatic experiences
- It guides us to do things only when we are finally ready
- It pushes us to do necessary healing

That readiness will many times mean that we must heal old wounds, so fear is pushing us to do necessary and essential healing work on ourselves.

Fear is overcome when readiness is achieved. Readiness is achieved when the discomfort of not doing becomes larger than the discomfort of doing. That discomfort grows the longer our desire for whatever fear is preventing goes unmet.

The longer your desire goes unmet



Discomfort of not doing larger than discomfort of doing



Readiness achieved



Fear overcome



You win!

Hopefully this has helped you feel that it is okay to be afraid. It is just a sign that you aren't able to face something, not because there is anything wrong with you, but simply because you aren't ready for it yet. It is a good thing to not face something we aren't ready for yet, and it is also okay to not be ready. No person is ready to face everything all at once.

It is okay to feel the pain of not being ready. Feeling that pain is one of the things that will bring that readiness into your life. You can remind yourself of the amount of times you've been afraid in the past and at some point you finally faced those fears only when you were ready, even if you didn't know that's the reason you faced them, and you'll see that there is no difference with where you are at with your current fears.

It is okay to be exactly where you are at.  
You are not supposed to be anywhere else.

I hope this brief summary helps in your healing journey. If you want, you can watch the full video on shame [here](#).

# Contact



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Thank you for being here.

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