



Shoulda, Coulda, Woulda...

**Stop Letting Fear Create
Regret In Your Life**

Susan Frink Anderson

Shoulda, Coulda, Woulda: Stop Letting Fear Create Regret In Your Life

Fear is a thing. It could even be considered a regular part of “adulting.” We all deal with it. Some of us constructively deal with fear. Others block it out or use less healthy coping mechanisms like eating junk food, drinking alcohol, or binge-watching our favorite show to tune out fears. Others are learning to JUST SAY NO to FEAR and its limiting belief systems! Once the STOP sign of NO is in place, other energies need to be reset as the NEW default settings. Notice that the default settings are right inside with a dial that is personal and is right for each person.

Since fear can take its toll by limiting our true self to change the old setting, lower states of energy seem normalized. This could be in the form of stress and anxiety or leave a lasting after taste of regret. **You can take your power back today.** Not with gimmicks or guru’s but with some simple changes to your thinking. These are the settings you must change as each aspect of the disempowerment fear brings has been formed from right within you. Read the following...

Where does it come from anyway?

Fear comes from biology and our complex minds. That is the fact of the matter. There may be some evolutionary link to the basic concept of fearing danger from the need to be in a mode of survival much of the time in the



past. Beyond that, it is our own perception of situations using emotion that can learn to fears. Irrational fears are often tied to faulty logic and strong emotion.

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Examples of positive coping behaviors:

- Call a friend or family member for support.
- Journaling
- Work out or go for a run.
- Meditate and pray asking for help beyond old thinking patterns
- Make Art. Or creative forms of it
- Sing or Dance.
- Read a non-digital book for a change of pace.
- Put apps on your phone like headspace or others you choose to be helpful
- Follow groups or communities online that support higher thoughts
- Take back your Sovereignty and rise above 'group think'
- Love and forgive others (including your enemies)

Make a list of positive behaviors and strategies that you can use when fear creeps in to transcend your normal coping strategies and responses. After you make the list the next step is to start practicing your coping strategies when you feel afraid or experience the emotion of fear. Then, ask your higher self and Higher Power Source to help you move above fear and observe life with a stable center that aligns with your core values and validates your worthiness as seen by Divine Source which is unconditionally loving, gentle and operates in the PRESENT!

No apologies, No Regrets

Forgive yourself for any fear-based regret of the past. Focus on the shifts you wish to make in your life. You can't erase the past, but you can make a choice to change in the present and call in a better future. Continue to empower the highest aspects of your true self to esteem and validate the real you and keep seeing beyond old, patterned programs made up of false beliefs. Know your triggers and look forward with confidence at whatever challenges lie ahead.

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Consider Yourself Empowered

Take a moment to acknowledge your courage in your Higher Self that is connected to the Divine Power Lines and resolve. To choose to believe them. Feel the joy of making a steady change in your life; no matter what those who know you say or think. Be proud of yourself for being true to inner reality as it ascends and accelerates into the real you more and more every day. Use these healthy emotions as fuel for being satisfied to work on fear-based challenges in your life.

Examples of positive coping behaviors:

Making a change to your habits, behaviors, and perceptions is an ongoing process. There may be highs and lows, and peaks and valleys from the outer energies of anxiety and depression. Even if you fall off track or have an off day, keep going. Keep as many good and supportive sources of motivation around you that you can. Read books, speak to people, and watch healthy media when possible. Just keep remembering to watch yourself as having a choice in all things you observe. Know that you can take authority to shift the things you need to and keep stable amidst the things you are going through (serenity). This keeps you anchored in the present and not entangled with any past fear energy surrounding them.

Affirm your desire to dismantle worry and fears and move past old regret. This will help you stay strong on hard days should they arise. You can move beyond regret and fear in your life by building a healthy mindset. Keep everything you choose in a 'first-person narrations 'of I AM.

Knowing that you have the skills to face fears is an empowering feeling. The goal is within your reach if you are willing to build spiritual practices that are in love and harmony with all that you know to be true. Practice good boundaries and self-care that draw healthy habits into your life.

VISUALIZE

Dream your highest aspirations knowing there is no limit to achieving them when you tap into your inner mental pictures without the critical voice of fear and old memories limiting you. You can do mirror work by affirming things you know are true and held waiting for you by saying them into a mirror, knowing the old reflection is going and the new one sees beyond old lies.

INNER VOICE

While in transition of dismantling old programs, be sure your inner voice agrees with and stays in charge of what is being demonstrated externally. Your inner voice can keep you in the present reality that you are affirming.



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BOOKS:

"Murture" ... www.holygramspirit.com/books

"Divine Power Lines"... www.divinepowerlines.com/new-book

To find out more about addressing your fears and
how to deal with them visit:

www.divinepowerlines.com/newsletter

Also learn how to maintain spiritual balance:

www.divinepowerlines.com/spiritual

