

# **ALCOHOL AND SUBSTANCE ABUSE WILL NOT TAKE AWAY YOUR FEARS**

By: Stanley Popovich

Alcohol and substance abuse or any other addictions will not take away your problems and fears. In the short run, they might make you feel better, but in the long run these addictions will only make things worse.

So what do you do to make your problems and fears go away? Well, since you can't runaway from them, then the best solution is to tackle your fears head on no matter how strong they may be. The key is to be smart in how you try to manage these fears. Here are some ways in how to manage your persistent fears and anxieties.

The first step is to learn to take it one day at a time. Instead of worrying about how you will get through the rest of the week or coming month, try to focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your problems. Focus on the present and stop trying to predict what may happen next week. Next week will take care of itself.

Remember that no one can predict the future with one hundred percent certainty. Even if the thing that you feared does happen there are circumstances and factors that you can't predict which can be used to your advantage. For instance, let's say at your place of work that you miss the deadline for a project you have been working on for the last few months. Everything you feared is coming true. Suddenly, your boss comes to your office and tells you that the deadline is extended and that he forgot to tell you the day before. This unknown factor changes everything. Remember: we may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

Another technique that is very helpful is to have a small notebook of positive statements that makes you feel good. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you in your pocket. Whenever you feel depressed or frustrated, open up your small notebook and read those statements. This will help to manage your negative thinking.

Be smart in how you deal with your fears and anxieties. Do not try to tackle everything all at once. When facing a current or upcoming task that overwhelms you with a lot of anxiety, break the task into a series of smaller steps. Completing these smaller tasks one at a time will make the stress more manageable and increases your chances of success.

The important thing is to get the proper help by seeing a professional. Avoiding your problem through the use of alcohol or other substances will do nothing in the long run in fixing your problems. It will just make things worse. Managing your fear and anxieties will take some hard work. Be patience, persistent and stay committed in trying to solve your problem.

BIOGRAPHY:Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" - an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com/>