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How are YOU living?

Fear vs. Change

Fill in the blank: "I am afraid of _____."

I could tell you that I am afraid of spiders. I am not looking to change that. My husband is a professional bug killer, and I am a professional bug finder. It works and so there's no reason to change that one. But...if that fear kept me hidden in a locked room with a poisonous bug killer 24/7 then it would be a problem. The desire to change that and leave the room would be up to the person immobilized with "fear." Fear is the great destroyer of good judgment.

What is the definition of FEAR??

Fear is... a reason not to move forward.

Fear is...a wall to hide behind to maintain the "status quo," even if it is a self-destructive path.

Fear is...the great destroyer of self-esteem.

If you were told you had one year to live, what would that year look like?? If it looks very different then your day-to-day life, what traps you into living the way you are now? Outside of pure fantasy pathways, what holds you hostage in a life without choice? FEAR...

Fear stays because...we want it to. It's like letting go of a bad friendship. We know what to expect and it is familiar, even if it is uncomfortable. The course of the unknown is more frightening then the "known."

So how can you take steps to immobilize the fear?

Make a choice to take care of yourself, even if it involves risks.

Set up goals. Establish long-term and short-term steps to move forward.

Establish a realistic timeline. Write it down with a schedule. For example: "I will work on updating my resume on Tuesday and Thursday evenings from 6-7 p.m. In three weeks time it should be ready to send out to perspective employers."

Keep a journal with short-term daily and weekly goals. This will hopefully keep procrastination from interfering with future plans.

Self support: At the end of each day, review your accomplishments with a feeling of empowerment, as opposed to the weaknesses that "fear" presents.

It is the New Year and everyone reads and writes about New Year's resolutions. We all know how gyms become filled with those promising to exercise—and usually around March the population on the exercise equipment dwindles down. The exercise of mental health does not have to start and stop from January to March, but is ongoing and is always subject to change.