



Face Your Fears

Presented by Tami Reilly

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FEAR is a four-letter word.

Definition of Fear:

- An emotion experienced in anticipation of some specific pain or danger (usually accompanied by a desire to flee or fight)
- Fear is an unpleasant feeling of perceived risk or danger, real or not. Fear also can be described as a feeling of extreme dislike to some conditions/objects, such as: fear of darkness, fear of ghosts, etc. It is one of the basic emotions.

Synonyms of Fear:

Apprehension, dread, panic, trembling, affright, disquietude, misgiving, timidity, fright, scare, tremor, consternation, horror, terror, trepidation

What are you in fear of—where do you hold back? Is it something related to the bike or is it deeper? Are you ready to look inside and discover where the fear lies? Are you ready to face your fear? Are you ready to unleash it—ride with it and then conquer it?

Quotes:

FEAR
F—FALSE
E—EVIDENCE
A—APPEARING
R—REAL

“Nothing in life is to be feared. It is only to be understood.”—Marie Curie

“You don't face your fears, you stand up to them.”—Anonymous

“Courage is not the absence of fear, but rather the judgment that something else is more important than fear.”—Ambrose Redmoon

“Courage is doing what you're afraid to do. There can be no courage unless you're scared.”—Eddie Rickenbacher

“Fear imprisons; faith liberates; fear paralyzes; faith empowers; fear disheartens; faith encourages; fear sickens; faith heals; fear makes useless; faith makes serviceable.”—Harry Emerson Fosdick

“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I lived through this horror. I can take the next thing that comes along.'”—Eleanor Roosevelt

“The conquest of fear lies in the moment of its acceptance.”—Unknown

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