

THE EXTRA POINT

BY JERRY ROBERTS



1016 The Reality of Our Fears

Fear is something all of us face. We fear that our boss will yell at us. We fear that we won't have enough money to retire with. We fear somebody won't like us. I want to talk about fear today, and attach some reality to it. I'm Jerry Roberts, and let's get into the stuff that scares us, next, on The Extra Point.

Fear is an emotion that grips all of us at times. Life is uncertain. There are a ton of things that can go wrong. Financial fears, health fears, relationship fears, family fears, job fears, and a bunch more.

Fear isn't going to go away. It's been with us since we were tadpoles, and it will only end with our final breath. If you want a life without fear, forget it.

I was 13, an 8th grader, and for a reason I've never been able to figure out, I developed a horrible stuttering problem that year. I'd open my mouth to give an answer in class, and I'd get stuck on a word that started with "B" or "M", and there were others.

I'd start making these sounds and kids are cruel, laughing and making fun of me, which only made me more self-conscious. I was afraid of being in a classroom, and it was a miserable time which lasted about a year.

My mom once told me that it was okay to be afraid, but not okay to let it stop you. Fear could be used to motivate. It would be years before I fully understood her words.

In the 11th grade, I was scared the day I asked a girl to the junior prom.

The night before the very first J.Q. Fanihi radio show, I sat in the dark, recalling how I told Jon Anderson, then KUAM's general manager, that I wanted to change radio in Guam...that I was ready to do that. Then, seven hours before I

went on, that little voice inside my head asked, "What if you're not good enough?...what if you can't do what you said you can?" Yet, while I was certainly nervous, it was very exciting.

From producing numerous trade and consumer events, to publishing a business magazine, to training over 20,000 people, there have been fears and worries along the way. I still can get very nervous before speaking in front of a group of people. Nervous, and also excited.

At a leadership event I attended over 20 years ago, one of the biggest names in the training and development field admitted he also had a case of the nerves whenever he presented to a group. Then, he said something I'll never forget. He said, "I know what I know, and I'm glad you're here." That was a breakthrough for me. I could say those words and mean them. I know what I know and I'm glad you're here. I know what I know and I'm glad you're listening today.

I don't judge anyone when they say they have an issue with fear. I acknowledge how they feel, and that's the first step in dealing with what they're up against.

If you've got someone in your workplace who is affected by fear, they may not need you to solve their problem. Sometimes, the best thing you can do is simply listen...hear them out.

I was a young kid when the world came to the brink of nuclear war in 1962. President John F. Kennedy addressed the nation about missiles in Cuba. When he finished, my mom grabbed me and we sped off to the nearby grocery store.

It was maybe 15 minutes after the president finished speaking, and the shelves were almost empty. People were grabbing everything, anything, and throwing it into their cart. I saw the fear on the faces of everyone. (Con't.)

The past few days have reminded me of that, given the situation in The Ukraine, with the Russians threatening to overrun the country.

The world once again fears a power-hungry man, whose ambitions threaten not just the people in Europe, but everywhere.

Thousands of Ukrainians have taken up weapons and have decided to fight.

They have an enormous and grim task ahead of them, and the toll in lives and destruction is likely to be immense.

In some ways, it's the full measure of what I think my mom was trying to get across to me, about using fear to drive motivation.

I won't diminish whatever you or someone you know and love may be going through. That said, what the Ukrainians are enduring is far beyond anything the vast majority of us will ever have to deal with.

It's the reality of fear and working through it, something we all share.

That's the Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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For information on training and consulting services with Jerry Roberts, please click this link: guamtraining.com

