



The Matrix Mindfulness Practitioner

# Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts  
for Wellness Professionals**

**Fear of Confrontation**

# Attract Success in Business

A good number of people spend their time in the fear of confrontation. You, I assume, are one of them, listening to my Mindfulness meditation session on this subject.

You might often find yourself on the edge of a situation when conflicts arise. You might doubt your abilities to speak your mind. You feel unsure tackling an uncomfortable situation - be it confronting your colleague, partner or friend. As this fear increases, it leads to a disturbance in your daily life. You find yourself unable to express yourself clearly. And, you often lead a dissatisfied life.

Does this resonate with you somewhere? Of course, we all might have had a fear of confrontation in our lives. It can happen at work, when you are unable to speak for yourself and that you can challenge a particular idea. It can happen when you are in a relationship. You may feel anxious or irritable to confront this colleague who has passed personal remarks.



The problem arises when you allow your fear of confrontation to **dictate your decisions**. This results in a list of negative consequences on your emotional as well as physical well-being.

If you have often felt this fear, this is an indicator you need to **address this problem**. It also means you lack self-confidence, do not have a complete awareness of your thoughts, assertiveness levels and a clear expression of your opinions. **That's okay**. The best news? These are all skills you can **easily cultivate by training your mind**.

It's important that people around you welcome your inputs and value your opinion. The more you repeat this, the more confident you will feel about yourself.

As we will begin our meditation right now, we will find a way to **release this fear of confrontation**. We will learn to discard old patterns and rebuild our thinking to welcome new methods to approach life. As a part of your process to accept change, do notice if you identify your emotions with any of the following

- You are **afraid** to speak. You've always been this way
- You convince yourself **silence** is the best answer
- You are unable to **control your anger within**
- You constantly **assume the worst about situations**, hence avoid confrontations

It's much **healthier** and effective to **change your thought process**. You'll notice you've indeed created a mountain of worry with **unnecessary thinking**. There are many reasons you may be holding on to this fear. Your teachers may not have encouraged you to find your voice in class. You might have felt constant humiliation every time you expressed yourself. You may have withdrawn into a shell without even understanding the situation. The reasons could be any.