

# Empowerment Mentoring



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# Terror Barrier

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## Participant's Workbook

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# Welcome

A hearty welcome to the Empowerment Mentoring Community. We are excited that you have made this very important decision to be part of this personal developmental program. This program will allow you to **Discover** your true potential, **Transform** your life and **Achieve** dramatic results.

Sometimes we need to ask ourselves three important questions:

- If no change were necessary to achieve a better life for myself, wouldn't I already be there?
- Why am I procrastinating and just 'earning a living' instead of doing what speaks to my heart?
- Why do all great leaders, sports men and women, have coaches and mentors?

Answers to these questions will allow us to reflect on where we are and where we want to go or would like to be.

## So, are you ready to go from:

- Wanting to change to actually changing?
- Envisioning your goal to actually achieving it?
- Being the person you are right now to becoming the person you want to be?
- Breaking through your 'Immunity to Change' to experiencing the real FREEDOM to do, be or have anything you want?

The EM Program is designed to cover twelve core modules that would help you in your personal growth.

- |                         |                         |
|-------------------------|-------------------------|
| • Comfort Zone          | • Forgiveness           |
| • Purpose, Vision, Goal | • Gratitude             |
| • Terror Barrier        | • Perception            |
| • Drama                 | • Attitude              |
| • You Are Perfect       | • World Famous - Living |
| • Harmony               | • Authentic Journaling  |

In the EM Program, you will learn:

- Growth takes place outside of your the comfort zone
- You grow for a reason
- You have more potential than you will ever use
- At times of change we either step forward into growth or go back to safety
- We do not get what we want- we get who we are
- Gratitude keeps our mind on what is good
- Living a life of significance
- We use our perception for or against us
- ... And Much More!

Welcome aboard.

Purposefully,  
Nigel

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## **1. Terror Barrier**

Welcome to this installment of your Empowerment Mentoring journey – the amazing Terror Barrier!

You've done well to make steps to come out of your comfort zone and laid out your Personal Development Plan through our discourse of Purpose Vision Goals. You may feel stronger and ready to practice your 'power pose' with hands on waist, shoulders squared and your 'cape' blowing in the wind! As well, you may be feeling a bit of anxiety. This is actually a very natural feeling as you traverse the landscape of change. It is called the Terror Barrier.

### **But really, what is Terror Barrier?**

**Terror**, according to the Oxford Dictionary means '*Extreme Fear*'.

While the Oxford Dictionary defines Barrier as 'A fence or other obstacle that prevents movement or access' as well as 'a circumstance or obstacle that keeps people or things apart or prevents communication or progress.'

**Barrier** can be defined as an obstacle or circumstance that it prevents or keep the movement or access of people or things apart or prevents communication or progress.

### **Some probing questions one may need to ask are:**

Do terror and fear hinder the progress of people?

Do terror and barrier keep a person from accessing what he or she desires?

Do terror and barrier prevent a person from movement?

Combining both definitions we can say the terror barrier is an extreme fear that prevents or keep the movement or access of people or things apart or prevents communication or progress.

We can clearly see that the emotion fear, is a huge obstacle that contributes towards the creation for a person's terror barrier.

Millionaire, entrepreneur, speaker and author Bob Proctor, vividly explains the Terror Barrier as the imaginary barrier that always seems to appear at the critical point where we would step out ahead of peers or competitors, but fear causes us to stop short. He goes on to explain that it can occur when a person is about to make a change that will drastically move the person out of his or her comfort zone. As a result, this significant change places a person into new and unfamiliar territory.

This 'unchartered waters' so to speak, was also faced by Christopher Columbus. Credited with discovering the new world of the Americas, Columbus' antidote to break through his terror barrier was his belief that: ***You can never cross the ocean until you have the courage to lose sight of the shore.***

Some people likened Terror Barrier to risk taking. Basically there is risk in everything we do and even don't do. As alluded to in the Comfort Zone segment, there could be more risk in the comfort zone as opposed to outside of the comfort zone.

## **2. Confront The Intangible Wall – The Terror Barrier**

The Terror Barrier exists because in making or trying to make significant changes to yourself and your life, you are moving yourself out of your comfort zone.

Bob Proctor talks so brilliantly on this topic - explaining that any time when we are setting a goal that will have us skip a couple of rungs on the ladder of success, you will come face to face with this "**Barrier.**"

In Purpose Vision Goals segment, we mentioned that setting goals is really stepping out of the Comfort Zone and can be looked at as a three step transformational process:

1. **Start in the comfort zone**

The comfort zone uses a "limited set of behaviours" and it delivers a "steady level of performance".

2. **Enter the growth zone**

This is actually the fertile area where goals are attainable, once you push yourself past your current limits.

3. **Move into the panic zone**

The panic zone is on the opposite end of the spectrum to the comfort zone.

When confronted by the Terror Barrier, you have a choice - you can start and stay in the comfort zone, and step back into safety and continue to experience the same results year after year, or you can have the courage to confront your terror barrier and experience the growth that you have been seeking.

If you think back, you will probably be able to recall the first time you came face-to-face with the Terror Barrier. Did you move through the process as outlined above or did you go back into safety, and then wondered what may have happened if you had stepped out? Some of you may have this experience and over time may be saddened and have regrets of not achieving.

There is a saying that growth is on the other side of fear, or we may want to look at it in another way and say that it is just beyond our intangible barrier!

What you think in your head is often acted out in your body. When faced with their Terror Barriers, people often break out with cold sweat goose bumps, anxiety and butterflies in their stomach with that inner voice pounding in your brain and telling you - you can do it, or you cannot get it or even what you want is not for you. This is when our emotions get the better of us.

As Les Brown put it “Do what you know, not what you feel. Don’t be ruled by your emotions”

In James Allen's classic, "[As A Man Thinketh](#)," he mentioned that fear can kill a person faster than a speeding bullet. While coming up against your Terror Barrier might not kill you physically, it can certainly kill something inside you, and prevent you from being the person you are or you ought to be.

It is often said that if your goal doesn't scare and excite you at the same time, you're going after the wrong goal! Or put is another way, a goal casually set, will be freely abandoned at the first obstacle.

Eleanor Roosevelt said, "You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the thing, you think you cannot do."

That is excellent advice. By following her advice you will liberate yourself from the crippling emotional state that the Terror Barrier causes.

Now folks, you can reflect on some of our terror barrier experiences.

Think of two events in the past when you experienced the terror barrier.

- 1) Describe an experience when you did not move beyond the terror barrier and went back into “safety”.

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What were some of the reasons why you did not go beyond the terror barrier?

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In hindsight, do you think you should have allowed those reasons to hold you back?

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Do you have regrets for not pursuing your goal or your predetermined intention?

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- 2) Describe an experience when you Moved beyond the terror barrier and conquered your goal?

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How were you able to move beyond the terror barriers?

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Who have benefitted and which lives have been touched due to your achievements?

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What are your “take aways” from your experience?

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### 3. Fear

A lot of us fear what we don't know or understand. As a result we prevent ourselves from performing at our true potential and growing beyond our current circumstance. Educate yourself on what you don't know. There are endless resources out there, especially in the era of technology – in our current era anything you want to know you can just “google” and Bang! it is right there before your eyes. However, since information on the internet is somewhat unregulated, we still must exercise a duty of care of what we accept and what we discard.

Martin Luther King once said that a mind is a terrible thing to waste. I guess what he was instructing us to do was to educate ourselves and find out the things that we don't know.

A lot of people choose to remain in their comfort zone because of their familiarity to what is known, their need for control, stability and repetition. That is, they have no fear of the things that they know. Thus, preventing them from educating themselves, taking risk and striving for new goals.

But what about the things that you don't know? Some people are reluctant to venture out of the comfort zone since they fear of the unknown.

So fear, seems to be an important element in the growth zone. So what exactly is fear? Is it an emotional feeling? Is it a state of mind?

**Fear can be defined** as an unpleasant emotion caused by being aware of danger: a feeling of being afraid

So if one can overcome fear (emotion) , then you can start learning, visioning, and growing.

Growth is on the other side of fear.

Here is an interesting exercise for you on fear.

List and identify what and who you fear. Then at the side of each item jot down what you are afraid of, then outline a few ways you think you can overcome those fears. Give it a try!

<b>Who / What Your Fear</b>	<b>What are you afraid of?</b>	<b>Ways I can overcome my fears</b>

### **Thought?**

In our Change Management Program, we often come to the conclusion that people are not really afraid of change, but rather they are afraid of the outcome of change or sometimes the things they need to do to change.

Do you have fears, or do you fear the activities to overcome fear?

## **4. Strategies For Overcoming The Terror Barrier**

When you are faced with a new idea, goal opportunity or change that is beyond your comfort zone, you may experience fear of the unknown and paralyzed by the magnitude of risk involved. Hesitation to move forward can certainly prevent you from overcoming the terror barrier. Thus, it is vital to first realise that at this very moment that the only obstacle in your path is the terror barrier.

With the acceptance of this reality, you can then tackle your terror barrier fears.

### **1. Reinforce rules that successfully aided in overcoming previous terror barriers.**

Have you ever successfully overcome a terror barrier? If the answer is yes, then recall the steps taken and reapply that to your current situation. If it is different, try to customise it to suit your current terror barrier.

### **2. Decide you want it**

Bill Cosby once said to decide that you want it more than you are afraid of it. With this in mind, can you earnestly say that this goal you are striving towards is so important that you will do anything (legally and ethically) it takes to achieve it? If the answer is yes, then you are a step ahead. You must be willing to let go of what is preventing you from achieving this goal and what you are comfortable with. Once the decision is made move forward. "You need to lose sight of the shore to see the ocean"

### **3. Plan and Set small achievable and realistic goals**

Zig Ziglar said, a goal properly set is halfway reached. Confucius stated, when it is obvious that the goals cannot be reached, don't adjust the goals, and adjust the action steps. This is true for big goals. Thus setting small achievable minor goals will collectively make up a big final goal. Planning is a crucial stage in setting a goal. If not enforced, a goal without is plan is a wish. Vision without action is waste less!

### **4. Do the things you are Afraid of!**

Dale Carnegie said to do the thing you fear, and continue to do so. This is the quickest and surest way of all victory over fear. This will also help you overcome all terror barriers you may ever face.

**Remember what we said in the comfort zone – get comfortable being uncomfortable.**

**5. Take your first step toward your goal**

It only takes the first step to start your journey. Only to realise the next step is within your reach. Keeping this thought in mind and you will get you to your end goal.

“A journey of a thousand miles begins with a single step” Lao- Tzu

**6. Use the terror barrier as an opportunity for growth and improvement**

We need to understand that overcoming our fear is always an opportunity to grow and improve our current selves. It allows you to transform and become a better and more educated individual.

## 5. Assignment 1

- a) You miss 100% of the shots you don’t take.

~ Wayne Gretzky

- b) You can never cross the ocean until you have the courage to lose sight of the shore.

~ Christopher Columbus

- c) The battles that count aren’t the ones for gold medals. The struggle within yourself – the invisible battles inside all of us – that’s where it’s at.

~ Jesse Owens

- 1) Quote number \_\_\_\_ particularly appeals to me because:

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- 2) Identify and describe a situation where the selected quote

- a) Was applicable to you?

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- b) Share an experience where one of the quotes would have worked for you if you had applied it?

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- 3) How can you leverage the experience in “2” above for your own personal growth and the people around you (co-workers, family, friends, colleagues, etc.)

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## 6. Assignment 2

- a) Too many of us are not living our dreams because we are living our fears.

~ Les Brown

- b) A person who never made a mistake never tried anything new

~Albert Einstein

- c) We can complain because rose bushes have thorns or rejoice because thorn bushes have roses.

~ Abraham Lincoln

- 1) Quote number \_\_\_\_ particularly appeals to me because:

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- 2) Identify and describe a situation where the selected quote

- a) Was applicable to you?

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- b) Share an experience where one of the quotes would have worked for you if you had applied it?

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- 3) How can you leverage the experience in “2” above for your own personal growth and the people around you (co-workers, family, friends, colleagues, etc.)

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## 7. Assignment 3

- a) Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do; so throw off the bowlines and sail away from safe harbour.

~ Mark Twain

- b) You gain strength, courage and confidence by every experience in which you really stop to look fear in the face.

~ Eleanor Roosevelt

- c) We either step forward into growth or back into safety.

~ Abraham Maslow

- 1) Quote number \_\_\_\_ particularly appeals to me because:

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- 2) Identify and describe a situation where the selected quote

- a) Was applicable to you?

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