



Podcast Episode 171
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“How to Beat Anxiety: The Simple Realizations The Erase Our Stress”

David Loy: Hi and welcome to In the Loop with Andy Andrews, I’m your host David Loy. Andy, thank you once again for joining us.

Andy Andrews: Thank you David. I’m excited to be here. Love doing this.

David: Excellent. Well you are in a middle of, right now, the earlier part of the year, the first few months, for some reason has always been busier for the corporate speaking schedule and you’re in the midst of traveling quite a bit. Have you been able to rest at all recently or you just go non-stop?

Andy: No, I’m spending a bunch of time with the family. And you know, it’s not non-stop, you know the calendar and I guess you don’t really know what I’m doing minute by minute when I’m not on the road but I’m writing and spending a lot of time with Polly and the boys.

David: That’s fantastic. And we are excited about a book that we can’t give all the details on just yet but there is a new children's book coming out very soon. And I know you’re excited about that project, it’s called, why don’t you tell us what’s it called?

Andy: To tell the name of it?

David: Absolutely, why not.

Andy: I just actually saw it myself yesterday.

David: And what do you think?

Andy: I loved it. It's called Henry Hodges and man, I mean, obviously I wrote it but it is amazing what the illustrator did with this. I love it.

David: It really is and the kids are going to love this book. The illustration.

Andy: It's a rhyming story.

David: The different animals are in there obviously. There's humor. You're just an amazing storyteller. We're really excited about that. I said, we're not going to tell too many details but apparently we're throwing that up the window.

Andy: Let me say this. Last night when I got the book and it was the first time I'd ever seen it and when I was writing this and I was coming up, we're not going to give away the farm here but when I was coming up with all these wild animals that, I don't mean wild as in like Africa, I mean crazy animals. I asked the boys, so tell me, what is like the craziest animal you could think of? And I had already talked about a joke telling beaver and somebody else, I forget, but anyway Adam said, a goldfish with antlers. I said, what? He said, gold fish with antlers. So long time ago when I wrote this, I put that in the story. Well when we got the book, I sat down the very first thing and I read it to the family. I read it to Adam, Adam was sitting in my lap when I read it. He's huge now, you know, big twelve year old. So when I got to that part, Adam said, hey I came up with that. I said, that's right, you did, look at this. And the illustrator did the most awesome job. It became this whole page and it's a goldfish in his bowl but the antlers are so big

they come way outside the bowl. And so it's beautiful. So anyways, she did just a phenomenal job. I think people are going to love this book.

David: I really do too. It's unique, it's different, it's easily shared with the family, it's fantastic. We're really excited about it. So stay tuned for more details on that. Again if you're not on the email list or plugged into social media with Andy, please do so, so that you can hear all of the announcements about that and get the details about the new book release. But make sure you're on the email list at andyandrews.com or Facebook and twitter @andyandrews and you will be the first to know to what is going on. Andy we've got another great listener question today, it came in email form from Terry in Dallas. So let me read this to you and we'll get going on this topic.

Andy: Ok.

Question: Hi Andy. I want to personally thank you for your book *The Seven Decisions*. It is proved to be a lifeline for me. These principles helped to keep me focused on living consciously and following a path to achieve happy and fulfilling life. The one thing that I continue to struggle with though is fear. I have made too many decisions in my life that were motivated by fear and as could be predicted did not turn out well for me. Even though I can cognitively tell myself that this is not the emotion I want to use when making critical life decisions, I found this particular emotion can easily take over. I am sometimes more afraid of feeling the anxiety and emotion that comes with fear rather than living the effects of a fear based decision that may ultimately be wrong for me. Andy with all that you have personally experienced in your life, I'm sure there were times when you had to deal with bouts of fear. So what recommendations might you have to help me deal and or stifle the anxiety that comes with fear so that I'm better able to live by the principles you outlined in your book?

David: That's a really well worded question. It's detailed Andy but Terry thank you for sending that. Andy I feel like this is an issue that a lot of people are facing. Just fearing in general and sometimes it can be crippled.

Andy: Yeah that's it. And it is a great question. And I think, the reason I say it's a great question is because so many people deal with this. And you know, Terry is absolutely right, I did deal with that and here's the thing that I've learned and this is what I want to get to when I'm answering this. The key to almost everything is in the question why. It's the key that unlocks the issue, is the answer to the question why. And yet that is the one thing many of us never explore. Maybe a part of that is because we have been conditioned not to ask that. I mean, you know, around four years old when we started asking it a lot, at some point somebody might have said to us, look, ask me anything you want but don't ask me why again. Why? That's what I'm talking about. Don't ever say that again. Why don't you want me to say that? I mean, as kids we get hammered for that and so maybe a lot of us quit asking it. And yet the key to unlocking our very issues is in the answer to that. And so here's the main thing I want, I guess I want you to know.

Number one is that the fear thing I have recognized over the years, if you could put people on a scaled bases, you line up a thousand people there and say, ok, if you were able to see a level of fear in their lives, how much fear do you have that controls your life, with just everything you do? If you have to scale it and say, ok, on a scale from one to ten, this person's dealing with seven in fear and this is kind of all the time. And then this person's a two and you put all the, you line them up according to number from one to ten, the people with the less fear all the way to the people dealing with the most fear. I am convinced; I am convinced that the smart people would be on the high end of the scale. I think that the smarter somebody is, the more intelligent somebody is, certainly the more creative

somebody is, the more likely they are to deal with fear as an adversary. And the reason is because, the reason can be explained in the answer to why? We've heard people say that you know, fear is (9:14) And we hear all these little acronyms and euphemisms for fear and little explanations and people saying, there's nothing to fear but fear itself. And as Barney famously said, that's just what I've got, fear itself. And so, but if you know what fear is than you can easily determine why it has so much of an effect on your life?

Here's what fear is. Fear is nothing in the world but a misuse of the creative imagination that has been placed in you. If you are a smart, intelligent person, if you're a creative person, you have an amazing imagination. Of all the things that people have as characteristics that have allowed them to become successful, the most successful people in any type of business are people who have great imaginations. Now I'm not talking about the kind of imagination like Walt Disney, ok, I'm talking about, they can imagine every angle, they can imagine every piece, they can see it all before it happens. They can think their way through and out of a problem. They're imaginative, they're creative, they're intelligent and their mind works non-stop. And so, fear, I mean, if you look, I don't know, if you're listening to this and if you believe in the Bible, well in the Bible, there's not a single time, not a single time that it says that fear is from God. In fact over and over, it's like, fear not, don't be afraid, all these things. And so why do we have these fears? Well, our imagination, smart people, the smarter people, because think about this. Have you seen that show? David have you seen that show, it's some kind of cable show called Jackass? Have you seen that?

David: I recall it, yes.

Andy: It's where these people do these unbelievably ridiculous and dangerous things.

David: Stunts.

Andy: Yeah, these kinds of stunts. You know I look at those people and I think, they aren't afraid of anything. But I also look at them, they aren't very smart. These are not very smart people. And so but they aren't afraid of anything. And so people who tend to be more afraid who their imagination kind of gets the best of them that they're misusing the creativity that has been placed in them. There is a very cool part I want Terry to know, I'm so glad she likes *The Seven Decisions* but I want her to pick up the *Noticer*. Because in the *Noticer*, somewhere a little after page fifty, and somewhere around fifty three, fifty four, fifty two, somewhere around there.

David: Can I say we're looking at a hardback copy? 'Cause I know the page numbers are different from a paperback.

Andy: I am, I am. I'm looking at, ok, here it is. This is that chapter I want to tell you. It's the chapter about Walker Miles, ok. There's a whole chapter here of a guy who's living his whole life in fear and worrying. And that's chapter three. And so Jones really deals with him on how to deflect his subconscious and how to defeat bad thinking. And so one of the things he talks about is calculating the odds of an event occurring. And so to be able to eliminate it as an even remote possibility in your life and it's very cool to me because this is based on a very real study that was done. And it was where a great number of people were studied to see what really happens to the things that they fear? What really happens in the future, these things that they're afraid of, these things they're worrying about, things they're so concerned about and consumed with. What really happens? And here's what happens and it's kind of curious and I'll just tell you this and I would really urge you to read this whole chapter if not the book, read the whole chapter because it deals with this. But here's what happens to people, to the things people

are so fearful of. Forty percent of the things that you worry about never occur anyway. Forty percent. Thirty percent of the things that you were consumed with, thirty percent of the things that you worry about, they've already happened, so they're in the past. And so all the fear and all the worry in the world isn't going to change what's already happened. Twelve percent of all these worries have to do with totally needless imaginings about health. My leg hurts, do I have cancer? My head hurts, do I have a tumor? My daddy died of a heart attack when he was sixty, I'm fifty-nine. You see what I'm saying? All these needless imaginings.

David: Are you pointing at me as you say that, because I feel like you are.

Andy: Yeah, I do that too. I do that too. My elbows hurt for a long time, is it hurting further down my arm, what is this? A ten percent are petty little nothing things about what other people think. And of course you can't do anything about what other people think. And so what they finally found out is that all that left eight percent for legitimate concerns but it should be noted that the legitimate concerns, these are things that can actually be dealt with and yet most people spend so much time fearing the things that are never going to happen or can't be controlled, that they don't have any energy, emotional or intellectual energy to deal with the things they can actually handle.

David: Cause they're spent.

Andy: They're spent, yeah. And so Terry, I'm just going to tell you this, I listened to David read your note, I can hear how you write and I know that you're a very intelligent person. And so I know by the fact that you struggle with fear, that you're a very creative person, very intelligent person. And so this is something that you can get a hold of, you can get a hold of now that you know what is happening here, that you're misusing this creative imagination. The same thing

that is stopping you, that you're allowing to stop yourself, the same thing is the exact same thing that you can use to help millions of people or make millions of dollars or do whatever it is that you want to do. But you do have to harness that. Remember on another episode telling my son, my son was scared to go spend the night with somebody, he says, why am I scared? And I told him, I said, Adam, the reason you're scared is because you're thinking about, you're thinking about, what if I want to come home, what if I don't like the food, what if?

And see what you're doing is you're misusing this creative imagination that you have. Adam has this phenomenal imagination and he is misusing it. I said, what you do, is you direct your imagination, you are in control. And so you think I wonder if we'd get to have a campfire? Oh my gosh, there are going to be all three of my best friends, four of us, four best buddies, we're all going to be there. We had such a great time in two hours skating, now we're going to spend twelve hours together, we'll have six times this much fun. I wonder if we'll get to fish? Will Mr. John take us for a ride on the boat? And so what you do is you begin to direct your imagination to things that excite you. And ultimately they make Adam more fun to be around when he's excited. I mean, who's more fun to be around, somebody who's excited or somebody who's dreading and sad. And so we can direct that. And Terry you can direct that.

David: Wow, that's really good. I love that part, deflecting your subconscious to defeat bad thinking. That's really good. Terry thank you for that question. Andy thanks for the great insight. That's fantastic. Please share this with your friends and that's, we talked at the beginning about how so many people are dealing with this. If you know someone in your life that's dealing with fear right now, send them this episode. This could really be a turning point for your family, for a friend, a co-worker.

Andy: And urge them to put their email address in on the website so that every week we can send them the episode with the show notes, with the podcast notes so that they'll have the notes there, cause you only get that if we can email it to you, obviously.

David: That's exactly right. So everyone has to know somebody that's dealing with this issue right now. You might not know how to talk to them about it so let Andy talk to them about it. Forward this to them, let them enjoy and learn from it. And again Terry thank you for that great question. Andy, thanks for your insight and we'll talk to you next week.

Andy: Awesome.

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Would you like to run something by Andy? Contact us and your question might be featured on the show!

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