

FEAR,
Get Out of My Life
FOREVER!

SECOND EDITION

By Sandra Baker

Fear, Get Out of My Life FOREVER!
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Special Thanks and Dedication

Dedicated to the One who delivered me
from fear, The LORD Jesus Christ,
My Best Friend!

Also, I wish to thank my husband, which is
my companion, Pastor, and best *earthly*
friend, Pastor Ron Baker, who has always
been my constant encourager.

To my loving mother who continually
Loves me and cheers me on toward victory!

Thanks to *my* family and *Ron's* family
Who love me "just because."

Thanks to our loving church family,
Word of Truth in Blountstown, Florida,
Who prays for me, and loves me in spite of
my many shortcomings.

And last, but not least, thanks to all my
friends and those who daily
touch my life with love.

(Love casts out fear!)

I love you all!

Sandra Baker

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Chapter One

FEAR, FEAR, AND MORE FEAR!

Everyone is staring at me!
“I feel so stupid.”

“I can’t talk.”

“I can’t go there by myself.”

“I don’t know what to say when I’m with other people.”

“People will laugh at me.”

“My pulse is racing.”

“My heart is pounding out of my chest.”

“I’m trembling and gasping for breath.”

“I think I’m going crazy.”

“I’m different than everybody else.”

“I’m sick all the time.”

“I’m so afraid I’m going to die.”

Fear, fear, and more fear. Where did it all come from, and why did it happen to me?

What caused me to be like this anyway? What did I ever do to be so OVERWHELMED by all this fear; fear, it seems I can never escape?

I feel like I am locked up in a great, big bubble. It is a prison to me, an *invisible*

prison. I cannot break out. I do not let anyone in. I cannot. I am afraid. I do not know how to communicate so I crawl back into my little shell. I want to be normal, but I am not.

Help! Can somebody help me! I want OUT! I am dying in this shell. It is getting worse every day. These prison bars are so very real to me and no one knows that I am locked up; a prisoner of my own *thought* life.

I'm afraid I will end up in a mental institution. I'm not normal! Somebody tell me what to do, PLEASE! Please help me! Inside I'm crying, BEGGING to break free.

Sound familiar? If you have ever had any of these feelings, I am glad you are taking the time to read this book. The fears I've just described are termed "social phobias;" fear of social situations and the interaction with other people that can automatically bring on feelings of self-consciousness, judgment, evaluation, and criticism. The person who is fearful in social settings is anxious, nervous, and uncomfortable in almost *all* social situations.

The victim becomes “hyped” for no apparent reason.

I wish it stopped with social fear. It does not! It is shocking how many phobias there are that plague men, women, boys, and girls alike. Men generally refuse to discuss their fears because it is a “man thing” not to talk about such things. Yet, men have various fears. They, too, are victims of unwanted, devastating fear.

YOU ARE NOT ALONE! There are essentially hundreds and hundreds of phobias. The next chapter will list a few just so you can understand that people you see everyday are probably hiding some type of secret fear, just like you.

The bottom line is this: All phobias (or fear) **TORMENT** you. The Bible states, “Fear hath torment.” (1 John 4:18) It also bears out that fear is a spirit and it is **NOT** from God. (2 Timothy 1:7 “For God hath not given us the **SPIRIT OF FEAR**; but of power, and of love, and of a sound mind.”

Therefore, the good news is, you do not have to put up with fear another day. Since God did not give you fear, then it has no authority over you.

God designed our bodies in such a way that if we encounter something threatening, we will be able to take care of it. Fear, whether real or imagined, causes your body to produce a fight or flight response. It is a physical and mental response to a threat.

Rational fear is a valuable protection mechanism. It is a normal fear. When confronted by *real* danger, your heart begins to pound, palms get sweaty, breath quickens and your brain's natural "fight-or-flight" response kicks into high gear. In this case, fear is your friend and your reaction is normal. An example of this would be if you walked into a yard and were about to be attacked by a ferocious dog. You either try to "fight" by finding the biggest stick you can get your hands on, or else "flight," take off running as fast as you can in order to save your life.

What happens, however, when there is no REAL danger, but your mind begins to imagine all sorts of negative situations making you a victim in a particular setting? You develop "irrational fear," which is not normal. The brain *still* sounds the "fight or flight" alarm when there is no apparent

ǒŸŹ! Fear. Quite the same Wikipedia. Just better.Â Fear is a feeling induced by perceived danger or threat that occurs in certain types of organisms, which causes a change in metabolic and organ functions and ultimately a change in behavior, such as fleeing, hiding, or freezing from perceived traumatic events. Fear in human beings may occur in response to a specific stimulus occurring in the present, or in anticipation or expectation of a future threat perceived as a risk to body or life.