

Simone Janson (ed.)

# PSYCHOLOGY OF FEAR

## UNDERSTAND & OVERCOME ANEXITY

Anti-stress strategy  
& crises as an  
opportunity, defeat  
panic attacks &  
depression through  
resilience &  
emotional  
intelligence



BEST OF HR - BERUFEBILDER.DE®

# **Psychology of Fear! Understand & Overcome Anxiety**

Anti-stress strategy & crises as an opportunity, defeat panic attacks & depression through resilience & emotional intelligence

*Simone Janson (ed.)*

Published at Best of HR – Berufebilder.de®

# Table of Contents

## Imprint

Introduction: Information, Experiences of Success, Inspiration - you'll find all that in this Book

Achieve Goals Interactively: Awards, Press Reviews, Customer Feedback  
Your Benefit in concrete Terms: Content, Organization and Structure of the Book

Information as desired with Membership Discounts, eCourses, Workbooks,  
and custom, individual eBooks

Successfully use the AI Extension to the Book for your Goals and to make Money

Experience Success and Inspiration: Discover your Way and support Sustainability

Pessimism and fear of change: scary stories as an excuse // By Tom Diesbrock

5 tips against fear in sales: The taboo for entrepreneurs break // By Oliver Schumacher

Change management in companies: Overcoming fears and resistance // By Bertold Raschkowski

Internal critics solve blockages and fears: what label do you have? // By Claudia Hupprich

Dealing with feedback and criticism: Attack on the personality // By Chris Wolf, Heinz Jiranek

Fears and pressure to perform: How does our stress come about? // By Simone Janson

BIO | Depression Anxiety Social problems: This creates an emotional downward spiral // By Sarah Peters

Teamwork time management risk analysis: overcoming fear makes you productive // By Simone Janson

Cognitive behavioral therapy for depression, self-sabotage and anxiety // By Simon Rego & Sarah Fader

Rediscover the joie de vivre, get rid of depression and fears: 4 X 4 tips for self-help with the power of thought // By Rolf Merkle

Conclusion: How to expand your Knowledge and Experience with interactive AI and discounted Add-on offers for free.

## Authors Overview

Tom Diesbrock

Oliver Schumacher

Bertold Raschkowski

Claudia Hupprich

Chris Wolf

Heinz Jiranek

Simon Rego & Sarah Fader

Rolf Merkle

Simone Janson

[Profound Expert Knowledge, Quality Assurance and AI: The Concept of Publisher of the Year Best of HR - Berufebilder.de®](#)  
[Appendix: Tips and Prompts for using the AI Extensions](#)

# Imprint

The German National Library lists this publication in the German National Bibliography; detailed bibliographic data are available on the Internet at <https://dnb.dnb.de>.

ISBN of the German eBook edition: 9783965963443

ISBN of the English eBook edition: 9783965963450

**German website of the publisher:** <https://berufebilder.de>

**English website of the publisher:** <https://best-of-hr.com>

Psychology of Fear! Understand & Overcome Anxiety

4th completely revised and extended edition, 10.01.2024

©2024 by Best of HR - Berufebilder.de®, a brand of Janson Pressgroup Print & Online

Published by Simone Janson

Duesseldorf, Germany

Concept, editing, graphic design & layout: Simone Janson

Cover design with Canva

eMail: [publisher@best-of-hr.com](mailto:publisher@best-of-hr.com)

For your [successful, fulfilling life](#), the information you truly need: State-funded publisher, awarded the Global Business Award as [Publisher of the Year: Books, magazines, eCourses, data-driven AI services](#). Print and online publications, along with the latest technology, go hand in hand - with over 20 years of experience, partners such as the [Federal Ministry of Education](#), customers like [Samsung](#), [DELL](#), [Telekom](#), or universities. Behind it all is [Simone Janson](#), a German [Top10 blogger](#), referenced in [ARD](#), [FAZ](#), [ZEIT](#), [WELT](#), [Wikipedia](#).

All books are published in German and English. We take our responsibility to deliver well-researched and reliable information very seriously. Therefore, the publisher follows a dedicated concept for quality assurance and compliance, where the expertise of renowned experts goes hand in hand with the latest AI technology for information analysis and text optimization. If you have any further questions, you can read the corresponding chapter at the end of the book.

All works of the publishing house Best of HR - Berufebilder.de®, including their parts, are protected by copyright. Any use outside the narrow limits of the copyright law is not permitted without the consent of the publisher and the author. This applies in particular to the electronic or other reproduction, translation, distribution and making publicly available.

# **Introduction: Information, Experiences of Success, Inspiration - you'll find all that in this Book**

Dear readers,

glad we could convince you of the 4th, significantly extended edition, like thousands of readers before. Because this book makes your success tangible: In the following pages, you will not only encounter expert knowledge, but also a wealth of practical tools and resources that can help you achieve your goals and realize your full potential.

## **Achieve Goals Interactively: Awards, Press Reviews, Customer Feedback**

For its interactive concept, the publisher was not only awarded the Global Business Award as Publisher of the Year by Corporate Vision Magazine and supported by the Minister of State for Culture and Media of the Federal Republic of Germany, but also repeatedly recognized in renowned media such as **ZEIT, Süddeutsche, personalmagazin**, or the special magazine **Personalführung**. For example, the **FAZ**, one of the most influential Newspapers in Germany, attests to us "good actionable tips" and customers like the **Press and Information Office of the German Federal Government** are enthusiastic. You can find many more reviews as well as information on free review copies at <https://best-of-hr.com/press/>.

Renowned experts from various fields - overview in the table of contents - have compiled their expertise and experiences to provide you with valuable insights and advice, practical and condensed. As a reader, you will also receive working materials as part of your book purchase, which you can download for free at <https://best-of-hr.com/academy/>. In addition, workbooks are available to help you reflect on the inspirations from this book.

All readers who are looking for individual solutions also have the opportunity to use the AI extensions and consulting tools free of charge within the framework of AI Extended Books, for which we usually charge a monthly subscription fee. Our interactive success advisors and other AI-supported tools are at your disposal to provide you with tailored advice and recommendations that are tailored to your individual needs. Use these tools to drive your success and achieve your personal goals.

In addition to this wealth of inspiration, we want you to experience and enjoy your success: As a reader of this book, you will have access to a variety of exclusive services that will help you live well and successfully according to your wishes: from inspiring reader trips, where you have the opportunity to discover new places and exchange ideas with like-minded people, to lifestyle products that are

specifically tailored to your needs, we want to ensure that you make the most of this reading experience.

## **Your Benefit in concrete Terms: Content, Organization and Structure of the Book**

Briefly and concretely this is your benefit from this book: You support certified climate protection projects, quickly receive compact information and checklists from experts as well as access to AI extensions and the possibility to individually live your inspirations as an experience. Because fears, depression and panic attacks have many people under control. And it is not easy to break free from the clutches of fear. The fears are not only triggered by sudden changes and crises or the media overload of stimuli, anxiety disorders are an integral part of everyday life for many and often have deeper causes. It is therefore crucial not to lose yourself in panic in unfamiliar and seemingly dangerous situations, but rather to know the causes of your own fears and to do something about it. Resilience exercises, meditation and breathing and mental techniques can help realistically assess dangers and risks, assess situations objectively and react appropriately.

You will receive valuable resources through this [unique publishing concept](#) that will enhance your knowledge, stimulate your creativity, and make your personal and professional goals achievable. This allows you to discover new ways, expand your thinking, and improve your skills to experience success. You will receive concrete advice, proven methods, and strategies to overcome challenges and overcome obstacles. By providing specific action steps and practical guidance, you will learn how to define your goals and develop plans to progress step by step. The clear structure and our special, highly detailed table of contents support you in quickly finding the desired information and implementing it directly into practice.

This is not only contributed by the expert articles of renowned experts but also by numerous inspirations from successful managers, entrepreneurs, and other exciting personalities. Their stories and experiences serve as vivid examples of how challenges can be overcome and goals can be achieved. Through their inspiring narratives, you gain insights into proven strategies and practices that you can apply to your own situations. Different, and potentially contradictory, aspects of the topic are deliberately addressed. This allows you to examine, reflect on, and weigh the various pros and cons optimally. This ultimately enables you to gain different perspectives and improve your knowledge to develop a deeper understanding of complex topics and find innovative solutions.

## **Information as desired with Membership Discounts, eCourses, Workbooks, and custom, individual eBooks**

Under the motto *Information as desired*, we also provide you with exactly the information you have been looking for. The book also includes an e-course with a worksheet for you to work through, which you can receive for free as a reader in



our Academy at <https://best-of-hr.com/academy/>. You can find out how to access it in the book's conclusion.

Our Academy offers you the opportunity to continuously expand your knowledge and skills and engage with like-minded individuals. By participating in our online courses and interacting with experts and other learners, you can achieve your professional goals and advance your personal success. We believe that inspiring experiences and continuous learning are the keys to long-term success. Therefore, we invite you to explore our Academy and benefit from the diverse learning opportunities.

In addition, the Workbook Success Planner is the perfect complement to the guidebooks. This workbook helps you successfully implement the inspirations and tips from our books, step by step and day by day, whether it's about career goals, decision management, or financial planning. You can either print the Success Planner yourself or order it as a bound book. Each workbook comes with a free eBook.

Do you want a personalized eBook topic or an e-course on a specific subject? You can also find that in our publishing house at <https://best-of-hr.com/publisher/>. We will create your personalized eBook on a topic of your choice upon request. In the Academy of Best of HR - Berufebilder.de®, you will also find email courses with individual assignments, personal support, and certification.

As a book reader, you not only have the advantage of gaining information and new insights but also enjoy financial benefits that come with purchasing our books. As a [newsletter subscriber](#) or [registered member](#), you will receive a 50% discount on all e-courses and a 20% discount on all other books as a member edition. You can find the books at <https://best-of-hr.com/shop/books/>. The coupon code is sent weekly via the [newsletter](#). Additionally, there is the Premium Membership, a paid flat rate for one year, which includes all learning materials, downloads, and premium articles.

## **Successfully use the AI Extension to the Book for your Goals and to make Money**

For those seeking further individual guidance and services, our concept of *AI Extended Books* offers the potential to analyze information, gain valuable insights, and show paths to achieving your individual goals. By utilizing AI in your work or personal life, you can gain many benefits and work much more efficiently. Through our AI solutions, you will discover new ways to explore your horizons in innovative ways. And the best part is that this service is free for you as a book buyer. In the appendix of the book, you will find a detailed explanation and numerous application examples to facilitate your successful handling of AI.

Our interactive [AI-assisted consultant](#) is there to assist you with any questions regarding success, career, and personal development. Our [AI-eTutor](#) supports the

learning experiences from our academy with individual exercises. And the interactive [travel planner](#) helps you plan individual moments of success.

One of the greatest strengths of AI is its ability to process large amounts of data and recognize patterns. By using machine learning algorithms, AI can learn from this data and make predictions. This enables you to make informed decisions, optimize your strategies, and even solve complex problems. Whether it's your personal career management, optimizing communication processes, or improving work efficiency - AI can help you achieve your goals more effectively.

With the AI tools from Best of HR - Berufebilder.de®, you can even earn money. This is done through an affiliate program, a marketing strategy where companies collaborate with affiliates to promote and sell products or services. Affiliates are individuals or companies that act as partners and receive a commission for every sale or action they generate. To participate in our affiliate program, please register [for our partner program](#).

## **Experience Success and Inspiration: Discover your Way and support Sustainability**

But that's not all! We want to offer you a very special opportunity that will make your journey to personal growth and success even more unforgettable. Because we know that it's not just about reading, but also about experiencing and applying what you've learned. That's why we want to offer you exclusive vouchers for suitable trips and other items that perfectly match your chosen guide. To achieve this, we work with numerous network partners in accordance with our compliance guidelines.

So imagine putting the inspiring wisdom of your book into action while creating unforgettable memories at the same time. Whether it's a relaxing break at a wellness resort, an adventurous trip into nature, or a workshop that further develops your skills - with our specially selected vouchers, you can put what you've learned into practice directly and enjoy unforgettable experiences at the same time.

Let yourself be inspired by our guides and discover the possibilities that await you. Because we believe that true change doesn't just happen in the mind, but also in the heart and in action. So get ready to elevate your life to a new level with individual moments of success and make your dreams come true. By the way, 5 percent of your purchase goes to non-profit organizations that are dedicated to projects such as reforestation and climate protection.

So you see: from cost savings to access to knowledge and education, to the opportunity to experience and live your own successes, to inspiration for entrepreneurial activities, and the possibility to earn money with our publishing house - reading our books can provide you with financial benefits in various ways.

# **Pessimism and fear of change: scary stories as an excuse**

*// By Tom Diesbrock*

Regardless of whether the economy is on the up or down and the number of unemployed is rising or falling - there is always negative news that keeps people from changing. Fear and panic are then more difficult than facts.

## **In the job market are the laws of the jungle prevailing?**

the labor market is often used as an argument to stick to an unpopular job. Because in the minds of many people things are creepy there: "Of course I would like to have another job. But nowadays it would be suicide to voluntarily give up a safe job. We know that there is a lack and suffering in the labor market. I prefer to stay away and stay where I am. "

In the labor market, many believe that there is a fundamental shortage, because jobs are a scarce commodity. The job market is always only interested in others, never in me. This market is more like a battlefield where the laws of the jungle apply.

## **Only the tough get into the garden?**

Only the very hard and ruthless can win here. Or young people with a super qualification and a mega experience. Otto Normal-Malocher is pushed there to the siding - whoever goes to the labor market, lands sooner or later at the employment office.

Just as a creepy film takes place on the cinema screen, the labor market - as many believe - is depicted exclusively in job advertisements and job exchanges. But they find either offers for exactly the activity with which they are just so dissatisfied - or a more attractive one for which they do not qualify.

## **Job advertisements - a sure way to spoil your mood**

For riders of dead horses, this reading is almost always a sure way to spoil your mood and to confirm what you already knew before: that there is no way out, because the labor market holds no offers.

The fear of unemployment is understandably great in many people who would like to have a new job. Often, however, people take it for granted that there is no need for the jobs they dream of.

## **Faith instead of knowledge**

But such a fear is often based on assumptions that are not even carefully checked. Instead of doing intensive research, talking to people and companies and perhaps looking for similar alternatives, they prefer to hold steadfastly to their belief in the job market, which does not offer them any opportunities.

When I am inwardly split, and a part of me is resisting any change, I find a simple and negative image very convenient. The labor market is a great projection area for my fears and the perfect justification for my inactivity.

### **Everyone else thinks so too!**

Since many people work in a similar way and share this picture, it is relatively easy to get confirmation from others that “with this desire to work, you certainly cannot become anything”. The labor market is one of the most frequently used arguments for riding dead horses.

The labor market is precisely what the term says: a very large and complex market. And there is a constant coming and going in this market.

### **Deceptive statistics from the labor market**

If, for example, the statistics in January and December of a year indicate three million unemployed people, they are not the same time at the same time.

A part is certainly unemployed for a long time, but for many it is only a stopover on the way from Job A to Job B. It is also a misunderstanding to believe that the job market is only reflected in job advertisements and job boards.

### **Fixed on job advertisements like the rabbit on the snake**

Only a part of the posts will be awarded. Internal and, above all, initiative applications are becoming increasingly important. But since many people shy away from making their own initiative and creative search, they rather continue to stare into the jobbars like the rabbit on the snake.

There was once a career with lifelong employment and clearly defined job profiles, which hardly changed over the years. There you became something and stayed there for a lifetime. This was more convenient and offered much more security and continuity than we know today.

### **More opportunities, more risks**

However, even fewer chances to adapt the work changed living conditions and interests. Today, we do not miss our own career and define our goals and content ourselves.