



# Ahead & Beyond

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In this issue – 10 Ways to Be More Open & Share Your Feelings;

Fun time.

This newsletter is an attempt at giving you tools of self-improvement which would help you move Ahead in life Beyond your constraining beliefs or blocks, phobias etc. Please feel free to share it within your circle of contacts.

You must have come across people who have no trouble sharing their feelings. They are devoid of the fear and anxiety that most of us feel about sharing something personal or potentially controversial. Even if you may not agree openly, down deep, you're jealous of people who have no inhibitions about sharing. *Openness provides a level of freedom that eludes those that are more private.* It's important to be able to share your feelings and concerns openly.

Your concerns can't be addressed if you're unwilling to share them. You are compelled to face your challenges alone if you keep them to yourself.

**Share your feelings and enjoy the resulting freedom it provides:**

1. **Be more accepting of others.** *Empathize.* It sounds counterintuitive, but if you're afraid to share your feelings, you may be judgmental of others. Naturally, you would expect others to judge you, too. It's impossible to accurately judge others. There's always more going on than you realize. Be accepting of others and you'll expect others to be accepting of you.
2. **Start small.** Share something small, but relevant. Once you see that you can share your feelings without negative repercussions, you'll be more likely to share them again.
3. **Determine the source of your fear.** You may fear judging, rejection, ridicule, or embarrassment. Perhaps attacking that fear (*eat that frog principle*) is the first logical step to lessening your anxiety around sharing and openness.
4. **Be brave.** There's no way to be 100% comfortable about sharing your feelings until you've done it several times. There's a certain amount of courage required at the beginning. Take that first step anyways. Be brave enough to share your feelings. It becomes easier over time.
5. **Encourage others to share their feelings with you.** You might feel more comfortable if your conversation partner goes first.
6. **Stay in the present moment.** You generate feelings of fear by worrying about the possible outcomes. Stay in the moment, and your fear will dissipate. Avoid imagining the worst possible outcome. Suppressing is more damaging than judging wrongly.
7. **Calibrate the other person.** Others are often careless when they believe something doesn't matter. You'll find that others are more empathetic and understanding if you let them know that something is important to you. It can be as simple as, "I want to tell you about something that's important to me." Put others in the proper state of mind before you share.
8. **Be honest.** The willingness to make yourself vulnerable will enhance your results. If you're



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sharing something that displeases you about the other person, it's important to empathize first. Sharing your feelings requires consideration of the other person's feelings, too.

9. **Be open to criticism.** Nobody likes fingers pointing at them & some may have a knee jerk reaction such as counter criticizing you. Circumstances such as these are the real tests of your character. As the golden saying goes; 'a sugar cube on the tongue & an icepack on the head almost always win you the battles'.
10. **Take a deep breath and just do it.** The anticipation is usually worse than the actual event. Sometimes, you just have to go for it. You can do it. Focus on how much better you'll feel afterwards.

Change isn't easy. Sharing can be scary, but the benefits far outweigh the anxiety experienced. In time, you'll learn to share your feelings and worries more easily. It just takes practice. Focus on the benefits you'll receive and let the words flow. The other person will appreciate your effort and you'll find that you get what you want more often.

*Now on, whenever you need to share something with someone or give a feedback either positive or negative, you need not think too much about it as it will lead to paralysis by analysis & cause a mental stress to you.*

*Remember the Nike tagline..... Just do it!!*

### *DID YOU KNOW???*

- Almost 85% of plant life is found in Ocean!
- Lemons contain more sugar than strawberries!
- The 3 most common languages in the world are Mandarin Chinese, Spanish and English!
- Fire usually moves faster uphill than downhill!
- An average human brain contains around 78% water!



*Fun time for you: Scratch your brains.....*

There's a bathtub filled with water in front of you. You have a spoon, a cup, and a bucket. What is the fastest way to empty the tub?

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What number is missing?

2 3 4

2 3 ?

Tip: It's not 4

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There are 5 sisters in the room: Ann is reading a book, Margaret is cooking, Kate is playing chess, Marie is doing laundry. What is the fifth sister doing?

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What goes through cities and fields but never moves?

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ur hidden potential

A diamond is a chunk of coal that did well under pressure.  
Henry Kissenger



Are you performing to your True Potential? Do you know what is your True Potential?

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