

Purge Pressure - 9 Secrets to Beat Stress

I think I can, I think I can

I hate being afraid. Fear is one of those things that can really paralyze you. It can prevent you from taking risks, going to new places, or even something simple such as meeting new people or in my case a new pet.

This may come as a surprise to many of you (with me being such an extrovert), but I have for most of my life been quite terrified of dogs. Short ones, fat ones, little ones and especially large ones, it really doesn't matter. They scare me and in turn, I usually make them a bit nervous. So when some friends of ours recently took off for a trip across the country for two weeks, the thought of helping my husband with the care of their Bullmastiff sent a cool chill up my spine.

The few times I went with Timothy as he walked and fed Sergio, I'd just observe from afar; admiring his bravery and gentle coaching of the dog. Eventually I'd walk with them although given the size of Sergio, I felt it easier just to keep my distance and enjoy the beautiful fall colors, the sights and sounds of the neighborhood.

Then one day, much to my surprise and Timothy's I just took the reins. I took Timothy's hand and then Sergio's leash. My husband was floored and I was relieved...finally I was facing my fear of dogs! Now we're even contemplating getting one of our own.

So why I am I telling you all this? I don't know. But if it can inspire you to do something that may give you a little more joy and satisfaction in your life perhaps it's worth trying. Sergio certainly helped me get a little more out of life and it feels great! Thanks Sergio!