

Can fear become a resource?

scritto da Lavinia Furlani | 23 Marzo 2022



I am writing this editorial **directly from Cape Town**. Until the very last minute we did not know if we would be able to depart: there were many variables that accompanied our days of uncertainties before boarding.

Let us think about all these **small or big fears that are conditioning our professional life**: “I am not going to reserve the stand of a fair because I fear the fair will not be confirmed”, “I am not reserving the flight ticket because I will have to do the molecular test before departing”, “I am not going to that event because I am afraid of coming back home testing positive” etc.

But we could also quote situations that do not depend directly from us: suffice it to know **how the fear of a new war has entered our everyday routine**.

Fear is a feeling that belongs to our lives and it resides in every-one of us and contrarily to what people may think it is useful since it allows to protect ourselves from threats and dangers that could limit us.

A healthy dose of fear is essential not to compromise our integrity: only those who do not have the spirit of conservation do not have any fear.

In these last past years, we all cultivated, some more than other, a new shared fear that plunges its roots in an actual reality objectively problematic and characterized by uncertainty.

Be careful though **not to transform fear into a limit that paralyzes you**, impeding to realize yourself also professionally.

How to deal with fear?

The very first step is to recognize it and try to understand which type of fear it is, trying to get to the bottom of it.

If at the base of our fears there is the unpredictability of the future, which today is very cloudy, **let's try and think over the fact that unpredictability is an ingredient that cannot be delated from professional life, in which there is nothing granted nor assured.** Everything is to be conquered and every certainty may be revolutionized at great rapidity.

For this reason, it is **important to deal with the difficulties that present in front of us without being excessively influenced by anxiety and fear**, but, rather, learning to dare and take some risk.

Fear can stimulate us into being more conscious about what we are living, but it cannot stop us, otherwise we risk to become its slaves.

Of course, risking does not mean daring: **Aristotle reminds us that the most appropriate behavior is the one that stands in the middle.** So, between the pusillanimity, that allows fear to block us, and the recklessness, that makes us behave in rash

way, the most efficient behavior is to be brave, which pushes us to deal with life with determination, but also consciousness.

And it is courage the best ally we have today to re-start traveling and guard the markets.