



OpenLife *by Cactus' Air-Class*

Positive Mental Attitude

正向思考態度

14. 克服恐惧 (*Overcoming Fear*)

恐惧解剖学

希尔归纳「六大恐惧原型」及其破坏力：

1. **贫穷恐惧**：导致讨好人格与低价竞争。
2. **批评恐惧**：压抑创新，迎合主流。
3. **疾病恐惧**：过度医疗浪费资源。
4. **失恋恐惧**：在不合适关系中妥协。
5. **衰老恐惧**：自我设限，拒绝新挑战。
6. **死亡恐惧**：逃避高风险高报酬机会。

他提出：「恐惧是潜意识的病毒程序，必须手动删除。」





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清除方案：「恐惧手术刀」

1. 恐惧实体化：

- 将恐惧写在纸上，朗读后焚毁，并大喊：「此物已死！」

2. 反向疗法：

- 若害怕公众演说，每天强制自己对镜子演讲 3 小时，直到麻木。

3. 恐惧货币化：

- 每当恐惧发作，立刻捐出 100 美元给慈善机构，化「恐惧=损失」的连结。

4. 遗嘱练习：

- 每年撰写遗嘱，幻想自己将死，从而看穿恐惧的荒谬性。





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历史案例深度剖析

案例一：富兰克林·罗斯福	案例二：可可·香奈儿
希尔分析，罗斯福的「唯一恐惧是恐惧本身」演说，源自他战胜小儿麻痹的经验 - 他在温泉疗养期间，每天故意跌倒 30 次以消除对摔跤的恐惧。	香奈儿因恐惧贫穷，将所有资产换为黄金藏于墙内。希尔指出此举反而限制她扩张事业，直到 1945 年后才学会信任银行体系。





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14. Overcoming Fear

Anatomy of fear

Hill summarizes the "six archetypes of fear" and their destructive power:

1. **Fear of poverty:** leads to pleasing personality and low-price competition.
2. **Criticism and fear:** suppress innovation and cater to the mainstream.
3. **Fear of disease:** Excessive medical treatment is a waste of resources.
4. **Fear of falling out of love:** Compromising in an inappropriate relationship.
5. **Fear of aging:** Self-limiting and rejecting new challenges.
6. **Fear of death:** Escape high-risk, high-reward opportunities.

"Fear is a subconscious virus program that must be removed manually." he said.





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Purging Solution: "Fear Scalpel"

1. Fear Materialization:

- Write down your fears on a piece of paper, read them aloud, burn them, and shout, "This thing is dead!"

2. Reverse Therapy:

- If you are afraid of public speaking, force yourself to speak in front of the mirror for 3 hours a day until you become numb.

3. Fear Monetization:

- Donate \$100 to charity whenever you have a fear attack to create a "fear = loss" connection.

4. Wills Practice:

- Write a will every year and fantasize that you are going to die, thus seeing through the absurdity of fear.





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In-depth analysis of historical cases

Case 1: Franklin D. Roosevelt	Case 2: Coco Chanel
<p>According to Hill, Roosevelt's "only fear is fear itself" speech stemmed from his experience of overcoming polio, in which he deliberately fell 30 times a day to eliminate his fear of wrestling while recuperating in a spa.</p>	<p>Fearing poverty, Chanel exchanged all her assets for gold and hid them inside the walls. Hill pointed out that the move limited her from expanding her business, and it was not until after 1945 that she learned to trust the banking system.</p>

