

# Choosing Faith Over Fear

## Show Notes:

*Fear and faith cannot coexist in our hearts at the same time.*

*– Neil Andersen, American religious leader*

Survivors of abuse and violence may have experienced different kinds of fear that could range from mild to paralyzing. It is an unavoidable emotion that can be triggered by our experiences and circumstances. Subsequently, our fears can dictate our decisions, behaviors, and perspectives.

While it is easy to recognize faith as the other end of the spectrum opposite to fear, some people tend to overlook the fact that faith should be developed and nurtured from within. Especially for those who have been enduring the fright and horrors of abuse, it may take some time to realize how much faith it would take to pull one's self out of that dark place, let alone have enough courage to overcome one's fears. That is why we have to constantly remind ourselves that indeed, fear and faith cannot coexist.

In this episode, Dr. Frank Ortega – the founder of One Percent Divorce Recovery Coaching – explains how our deep desire for change can fuel our faith and motivate us to claim our right to fulfillment in life. Moreover, he distinguishes between healthy and unhealthy fears; and how we can use this knowledge to our advantage so that our pains and fears can train us in an empowering way. I am excited for you to hear more about it and I hope that my conversation with Coach Frank will enlighten and inspire you as much as it did for me!

## Healing Points of This Episode:

- The pain we feel can train us and dictate how we navigate life – it can either train us in an empowering or disempowering way.
- You can allow your pain to stop you from taking risks to the point that you no longer experience delight in life, or it can push you to believe in your ability to go through tough times and achieve a sense of fulfillment.
- Nobody ever wants their self-love, self-worth, and self-respect to be diminished or compromised. It's just that sometimes, we are caught up in a bad place emotionally which leads us to make bad decisions that make it seem like we don't love ourselves enough.
- Some people need to realize that they need a change in their lives so bad – like it's the air that they need to breathe – before they take specific actions and decisions.
- Faith comes by hearing the Word of God.
- When we speak life into people and share our experiences, faith begins to build up inside of them.
- The difference between healthy and unhealthy fear is you can feel it in your spirit. You've got peace in your spirit, but you've got fear in the flesh. It's like you're petrified, but you've got that inner peace at the same time.

## **Words of Healing**

- You have to be your own best friend. You have to be your own superhero. – Regina Marie
- It doesn't matter what path you take if you don't know where you're going. – quoted by Regina Marie from Alice in Wonderland by Lewis Carroll
- The best way that I can classify it whenever it's an unhealthy fear is [when] I'm just projecting, and I am refusing to risk. And because of that, I'm abandoning my right to fulfillment in life. – Frank Ortega
- We have to realize that our actions are a 100% dictated by our emotional state. If you're trapped in fear, it's going to make you make decisions that would reflect as if you do not love yourself enough, as if you do not know your worth... And so that's why we've got to become masters of our emotions. – Frank Ortega
- Fear is your thoughts with no direction; they're running wild. And faith is your thoughts with direction; it's you who are choosing – this is what I believe. That's faith – it's hope for the things not yet seen, it's you designing the things that you haven't seen yet but you hope for those things. – Frank Ortega
- Desire is the number one motivator in humans. In anything that we do – you see a human who's done something incredible, there was a deep, deep desire; you've seen somebody who's gotten through like the worst things in the world, there was a deep, deep desire behind it. – Frank Ortega
- God put me in the right place at the right time. He let me go through the right struggle for the right reasons. – Frank Ortega
- The best way to help yourself is to help somebody else. – Frank Ortega
- Life happens on its terms, but it's experienced on our terms. I get to choose how I experience this life. – Frank Ortega, inspired by a quote by Mike Tyson
- Start living life by design, not by chance. – Frank Ortega

## **Resources Mentioned:**

- [Your World Within Podcast w/Eddie Pinero](#)
- [How to Do the Work: Recognize Your Patterns, Heal from Your Past, and Create Your Self](#)

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