

SEMINAR T – FIGHTING FEAR

Personal Experiences of Fear and Resilience

Key themes / issues / questions arising from discussion:

Simon Quayle – Bali bomb survivor

- People can help effect change in the world, through passion, and inspiring others – to help make the world a safer place
- Simon spoke honestly, passionately and from the heart about his experience at the Sari club in Bali and his work since then to try to help people overcome fear and terrorism.
- The greatest fear now is not to live life to the full, or have any regrets.
- “Love creates peace and peace creates a safer world.”
- Questions/discussion: separation of “law-abiding, peace-loving” moslems from terrorists, feelings of guilt experienced by trauma survivors

Ruth Sims – West African Women’s Group

- Fear cripples all types of development, personal life and external reactions
- The culture of fear, negative elements – trauma, depression, isolation, inability to function as a whole person, changes attitudes, motives, feelings of apprehension, dread, uneasiness, lack of trust, destroys hopes, blinds us to multiple truths, sets people against each other as enemies, erodes social, economic and government capital, destroy trust, happiness
- Dominant groups and marginalised groups fear each other, derives from a concept of power – the concept of fear is emotionally constructed and physically applied
- Diversity exists everywhere, distinctive identities,
- Positive aspect of fear: enables us to react to and avoid danger
- Dislocation of humanity, flexibility to interpret the experience of others as ourselves, everyone wants to feel normal regardless of individual characteristics, race, religion etc
- Fear of age, politics of envy
- Young people are in fear for the future, policy makers must address homelessness
- Adults fear for selves, daily life, and their children
- Challenge is to listen to our inner voice, about the impact of taking on the negative aspects of fear
- Community education and consultation, concerted efforts to create understanding, cooperation, trust, respect for each other, replace prejudice with empathy and understanding
- Questions/Discussion: what life was like in Guinea: helped establish education system, bilingual, especially helping girls and women in education

Shelley Taylor-Smith – Author, trainer and sportswoman

- Fear within the self, fear of success, fear of failure, limiting beliefs of the self
- Dreams as a young girl, could be like Shane Gould
- People are told they have no natural ability, has a disability – and people believe it

- Positivity is a choice, it comes from within
- Facing fears in your own mind
- Setbacks are a part of life, part of Australian culture to get back up and get on with it, draw from your experience
- Keys to resilience
 - o Make an appointment with your "jellyfish"
 - o Commitment
 - o Decide to be in-control and drive the bus
- "What other people think of you is none of your business!"
- "If you talk to your friends the way you talk to yourself would you have any friends?"

"If you don't quit you'll make it"