Are you afraid right now?

Need some strength and courage?

Here are over 1000 of the best inspirational and motivational quotes and sayings about overcoming your fears.

Whether it is fear of the unknown, fear of change, or fear of failure, facing your fears is going to be the most important decision you will ever make in your life.

Life will slow down and it will nearly be impossible to move forward and become the best version of your self until you do so.

And the first place you must start is with your mind.

The most important thing you must understand is that fear is your friend.

It is a signpost or “reflection” that is telling you, “Hey…you have a belief that is out of alignment with your true self. You need to look at this!”

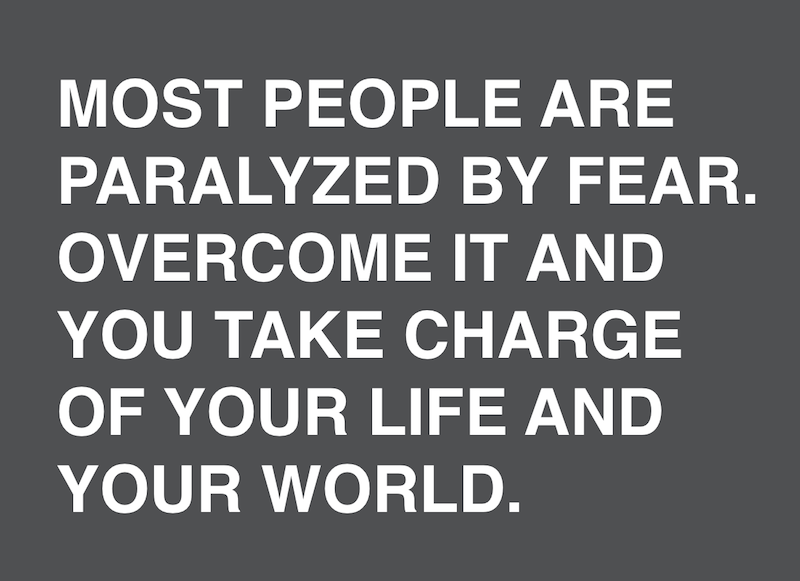
So don’t push it away, welcome it into your life and say, “Thank you for teaching me that I have a negative belief about something that I was not aware of.”

Once you own it, then you can change it.

Your most powerful ally is going to be your mind.

This is why we have aggregated over 1000 of the best quotes and sayings about fear that will help to inspire and motivate you to overcome them.

So bookmark this page and read these quotes any time you need to get pumped up!



**QUOTES ABOUT FEAR**

Our fears reveal what we care about the most.

Too many of us are not living our dreams because we are living our fears. – Les Brown

Never let your fear decide your fate.

F.E.A.R. has two meanings – Forget Everything And Run OR Face Everything And Rise. The choice is yours.

Do what scares you until it doesn’t.

Never let your fear decide your future.

F.E.A.R. – False Evidence Appearing Real

You must face your fears and limiting beliefs head-on to develop your self-belief. – Richard Parkes Cordock

Not everything that is faced can be changed, but nothing can be changed until it is faced. – James Baldwin

Don’t be afraid of your fears. They’re not there to scare you. They’re there to let you know that something is worth it. – C. JoyBell C.

Fear is temporary. Regret is forever.

When you face your struggles, you overcome them. When you fear your struggles, your struggles consume you.

The fears we don’t face become our limits. – Robin Sharma

It takes courage to grow up and become who you really are. ― E.E. Cummings

Everything you want is on the other side of fear. Get over it.

Strength doesn’t come from what you can do. It comes from overcoming the things you once thought you couldn’t. – Rikki Rogers

Fear kills more dreams than failure ever will.

Be motivated by the fear of being average.

A ship is always safe at shore but that is not what it’s built for. – Albert Einstein

If you want more joy, serve. If you want more money, solve problems. If you want more freedom, face your fears.

Everything you’re running away from is in your head.

Don’t fear failure. Not failure, but low aim, is the crime. In great attempts it is glorious even to fail. – Bruce Lee

Do the thing you fear most and the death of fear is certain. – Mark Twain

One day, your heart will stop beating, and none of your fears will matter. What will matter is how you lived.

Your largest fear carries your greatest growth.

Fight your fears and you’ll be in a battle forever. Face your fears and you’ll be free forever. – Lucas Jonkman

The greatest “mistake” you can make in life is to be continually fearing you will make one. – E Hubbard

Once you become fearless life becomes limitless.

He who doesn’t fear death dies only once. – Giovanni Falcone

The beautiful thing about fear is, when you run to it, it runs away. – Robin Sharma

When your faith is stronger than your fears, you can make your dream happen. – Karen Salmansohn

Face your fears and stop allowing the mind to hold you captive. – Mooji

Feed your faith and your fears will starve to death.

Being brave isn’t the absence of fear. Being brave is having that fear but finding a way through it. – Bear Grylls

Don’t let your fear of what could happen make nothing happen.

Fear is not real. It is the product of thoughts you create. Danger is very real, but fear is a choice.

Somebody should tell us…right at the start of our lives…that we are dying. Then we might live to the limit, every minute of every day. Do it! I say. Whatever you want to do, do it now! There are only so many tomorrows. – Michael Landon

Fear is nothing more than an obstacle that stands in the way of progress. In overcoming our fears we can move forward stronger and wiser within ourselves.

Too many of us are not living our dreams because we are living our fears. – Les Brown

If you live in fear of the future because of what happened in your past, you’ll end up losing what you have in the present.

Courage is not the absence of fear, but rather the judgment that something else is more important than fear. – Ambrose Redmoon

Miracles start to happen when you give as much energy to your dreams as you do to your fears. – Richard Wilkins

A strong person is not the one who doesn’t cry. A strong person is the one who cries and shed tears for a moment, then gets up and fights again.

Life is found in the dance between your deepest desire and your greatest fear. – Anthony Robbins

Do the thing you fear to do and keep on doing it…that is the quickest and surest way ever yet discovered to conquer fear.

Courage isn’t having the strength to go on – it is going on when you don’t have strength. – Napoleon

You gain strength and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do. – Eleanor Roosevelt

When you face difficult times, know the challenges are not sent to destroy you. They are sent to promote, increase and strengthen you.

What is the point of being alive if you don’t at least try to do something remarkable? – John Green

Action is a great restorer and builder of confidence. Inaction is not only the result, but the cause, of fear. Perhaps the action you take will be successful; perhaps different action or adjustments will have to follow. But any action is better than no action at all. – Norman Vincent Peale

Go to your fears. Sit with them. Stare at them. Your fears are your friend. Their only job is to show you undeveloped parts of yourself that you need to cultivate to live a happy life. The more you do the things you’re most afraid of doing the more life opens up. Embrace your fears and your fears will embrace you. – Jackson Kiddard

Expose yourself to your deepest fear; after that, fear has no power, and the fear of freedom shrinks and vanishes. You are free. – Jim Morrison

Confront the dark parts of yourself, and work to banish them with illumination and forgiveness. Your willingness to wrestle with your demons will cause your angels to sing. – August Wilson

Worrying does not empty tomorrow of its troubles. It empties today of its strength.

Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy. -Dale Carnegie

Limits, like fears, are often just an illusion. – Michael Jordan

The cave you fear to enter holds the treasure you seek. ― Joseph Campbell

Those that are brave enough to achieve success, will always choose success over fear. Familiarize yourself with success, and you will never let fear stop you again. – Nav-Vii

Don’t pray for an easy life. Pray for the strength to endure difficult times. – Bruce Lee

If you want to conquer fear, don’t sit home and think about it. Go out and get busy. – Dale Carnegie

What we achieve inwardly will change outer reality. – Plutarch

Sometimes the bad things that happen in our lives put us directly on the path to the best things that will ever happen to us.

He who has overcome his fears will truly be free. ― Aristotle

Reality of fear:  
You’re not scared of the dark. You’re scared of what’s in it.  
You’re not afraid of heights. You’re afraid of falling.  
You’re not afraid of the people around you. You’re just afraid of rejection.  
You’re not afraid to love. You’re just afraid of not being loved back.  
You’re not afraid to let go. You’re just afraid to accept the reality that he’s gone.

You’re not afraid to try again. You’re just afraid of getting hurt for the same reason.

Laughter is poison to fear. ― George R.R. Martin

Confront your fears, list them, get to know them, and only then will you be able to put them aside and move ahead. – Jerry Gille

You have power over your mind – not outside events. Realize this, and you will find strength. – Marcus Aurelius

You were given this life because you are strong enough to live it.

Fears are stories we tell ourselves.

It’s okay to be scared sometimes. Courage is the ability to face your fears not hide them.

Most people do not really want freedom, because freedom involves responsibility, and most people are frightened of responsibility. ― Sigmund Freud

The enemy is fear. We think it is hate; but, it is fear. – Gandhi

There comes a time when you have to plant your feet, look your fear in the face, and say “You don’t get to control me anymore. – Mandy Hale

I was always looking outside myself for strength and confidence but it comes from within. It is there all the time. – Anna Freud

I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear. ― Nelson Mandela

I breathe in my courage and exhale my fear.

Courage is never to let your actions be influenced by your fears. – Arthur Koestler

Fear is faith that it won’t work out.

Don’t give in to your fears. If you do, you won’t be able to talk to your heart. ― Paulo Coelho

When you face your fear, most of the time you will discover that it was not really such a big threat after all. We all need some form of deeply rooted, powerful motivation – it empowers us to overcome obstacles so we can live our dreams. – Les Brown

May my heart be brave, my mind fierce and my spirit free.

Only those who will risk going too far can possibly find out how far one can go. – T. S. Eliot

Smile and let everyone know that today, you’re a lot stronger than you were yesterday.

Expose yourself to your deepest fear; after that, fear has no power, and the fear of freedom shrinks and vanishes. You are free. ― Jim Morrison

Sometimes the only thing left to do is to face your fears with nothing but a smile.

Always do what you’re afraid to do. ― E. Lockhart

Stand up and face your fears, or they will defeat you. – LL Cool J

Stay strong, make them wonder how you’re still smiling.

You gain strength, courage and confidence by every experience in which you really stop to look fear in the face . . . You must do the thing you think you cannot do. – Eleanor Roosevelt

Scared is what you’re feeling. Brave is what you’re doing. ― Emma Donoghue

Thinking will not overcome fear, but action will. – W. Clement Stone

Wake up everyday stronger than yesterday, face your fears and wipe your tears away.

You never know how strong you are… until being strong is the only choice you have. ― Cayla Mills

Everything you’ve ever wanted is on the other side of fear.

Fear doesn’t shut you down; it wakes you up. ― Veronica Roth

Do what you fear most and you control fear. – Tom Hopkins

Never be ashamed of a scar. It simply means you were stronger than whatever tried to hurt you.

There is only one thing that makes a dream impossible to achieve: the fear of failure. ― Paulo Coelho

You always have two choices: your commitment versus your fear. – Sammy Davis, Jr.

Believe in yourself, take on your challenges, dig deep within yourself to conquer fears. Never let anyone bring you down. You got to keep going. – Chantal Sutherland

Life is not easy for any of us. But what of that? We must have perseverance and, above all, confidence in ourselves. We must believe that we are gifted for something, and that this thing, at whatever cost, must be attained. – Marie Curie

Sometimes you don’t realize your own strength until you come face to face with your greatest weakness. – Susan Gale

Go ahead, tell me that I’m not good enough. Tell me I can’t do it. Because I will show you over and over again that I can.

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, ‘Who am I to be brilliant, gorgeous, talented, fabulous?’ Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won’t feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It’s not just in some of us; it’s in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others. ― Marianne Williamson

**TIPS ON FACING YOUR FEARS**

1. Breathe

The first and most important thing you must do is stay calm and breathe.

The biggest mistake people make is that they allow the fear to take over to the point that they begin what is called shallow breathing.

This is where you take short breaths and this will increase your heart rate and causes panic attacks or anxiety.

So make sure to focus on your breathing.

2. Be Honest With Yourself

Many people try to run from and avoid their fears.

This causes a lot of problems because you cannot run from yourself.

Your fears have no place to go so they will come into your life and manifest in multiple ways until you face them.

So be honest with yourself and just say, “Ok, I am afraid of X and it’s ok. I am going to be okay.”

3. Write Them Down

Now that you are being honest with yourself, sit down for a few minutes and write down all of your fears.

For example, if you have just lost your job you could write down things like:

“I am afraid of not finding another job.”

“I am afraid of not making enough money.”

“I am afraid of being a failure in life.”

“I am afraid of becoming a homeless person.”

“I am afraid of what my friends or family are going to say or think about me.”

No matter how outlandish each fear must sound, just write them all down.

4. Face Your Fears

Now that you have written them all down, it’s time to face them.

Look at the piece of paper or Word/Google Doc and look at them.

Stare at them.

You are now facing your fears.

Then ask yourself these two questions:

A. Is this true?

B. What is the worst possible thing that can happen?

Many times our wild imagination runs amuck and makes things more than they actually are.

By facing your fears and asking yourself these questions, it will put them into perspective and your logical mind will start to realize how absurd most of these fears are.

Hopefully you start to laugh at yourself and realize that its nonsense.

5. Move Towards It

Now that you have faced your fears in your mind, its time to physicalize it.

You need to take action and move towards them so that you do not run from or avoid them.

This is what will make you stronger.

The truth is, our ego always fears annihilation.

This is all about “fear of death” at the very subconscious level.

Once your ego sees that everything is okay, then the fear will start ti dissipate one day at a time.

Little by little it will start to melt away because you will see that you are okay.

**WORDS OF ENCOURAGEMENT FOR HARD TIMES**

Mistakes are proof that you are trying.

Stay strong. You never know who you are inspiring.

Be gentle with yourself. You’re doing the best you can.

Scared is what you’re feeling. Brave is what you’re doing. ― Emma Donoghue

It ain’t as bad as you think. It will look better in the morning. – Colin Powell

No matter how much it hurts, hold your head up and keep going.

Nobody said it would be easy, so don’t ever give up when it gets hard.

Replace those thoughts of worry with thoughts of hope, faith, and victory. – Joel Osteen

Keep your head up. God gives His hardest battles to His strongest soldiers

You have to fight through some bad days to earn the best days of your life.

Remember that just because you hit bottom doesn’t mean you have to stay there. – Robert Downey Jr

Don’t be afraid to start over. It’s a brand new opportunity to rebuild what you truly want.

Don’t get discouraged by what you’re going through. Your time is coming. Where you are is not where you’re going to stay.

No matter what you’re going through, you are not alone. The Light is always with you. You might not see it, but you can trust it.

**STAY POSITIVE QUOTES FOR HARD TIMES**

A problem is a chance for you to do your best. – Duke Ellington

Always believe that something wonderful is about to happen.

If you can’t find the opportunities you’re looking for…create them.

Remember, most of your stress comes from the way you respond, not the way life is.

When things are bad, remember: it won’t always be this way. Take one day at a time.

Everyone is breakable, but not everyone is aware that it’s a choice to stay broken. – Stanley Behrman

Stop worrying about what can go wrong, and get excited about what can go right.

Look for something positive in each day, even if some days you have to look a little harder.

When you stop chasing the wrong things you give the right things a chance to catch you.

There are two ways to be happy: change the situation, or change your mindset towards it.

Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit. – Napoleon Hill

We either make ourselves miserable or we make ourselves strong. The amount of work is the same. – Carlos Costaneda

I am thankful for all those difficult people in my life. They have shown me exactly who I do not want to be.

Starting today, I need to forget what’s gone. Appreciate what still remains and look forward to what’s coming next.

It’s gonna get harder before it gets easier. But it will get better, you just gotta make it through the hard stuff first.

Whatever is worrying you right now, forget about it. Take a deep breath, stay positive and know that things will get better.

Being optimistic really has nothing to do with happiness, it’s just taking whatever life chucks at you and not letting it break you down.

When you can’t control what’s happening, challenge yourself to control the way you respond to what’s happening. That’s where your power is!

Nothing is a coincidence. Everything you’re experiencing is meant to happen exactly how it’s happening. Embrace the lessons. Be grateful.

Before you sleep, remember that it’s ok to not be ok. We all have our struggles. God loves you for who you are, but too much to leave you that way.

As I look back on my life, I realize that every time I thought I was being rejected from something good, I was actually being re-directed to something better.

You’re going to go through tough times – that’s life. But I say, ‘Nothing happens to you, it happens for you.’ See the positive in negative events. – Joel Osteen

**QUOTES ABOUT OVERCOMING ADVERSITY**

Once you choose hope, anything’s possible. – Christopher Reeve

The harder the struggle, the more glorious the triumph.

I am not a product of my circumstances. I am a product of my decisions. – Stephen Covey

Be aware as often as possible of the great transformation process you are going through.

Be strong now, because things will get better. It might be stormy now, but it can’t rain forever.

When you fear your struggles, your struggles consume you. When you face your struggles, you overcome them.

If you need to step back and get away from things for a bit, do exactly what you need to do for you to gain clarity again.

Sometimes you have to put everything to the side just to take care of yourself. Don’t be afraid to say no when it’s necessary.

We don’t develop courage by being happy every day. We develop it by surviving difficult times and challenging adversity. – Barbara De Angelis

Life chips away at us all. Some play the victim. Some choose to be a survivor. And then there are those who choose to conquer.

Free yourself from your past mistakes, by forgiving yourself for what you have done or went through. Every day is another chance to start over.

You may be sad, disappointed, heartbroken or even scarred. But wake each day with a new sense of hope, a will to fight on and not give up.

If you’re having a bad day, just remember that you have managed to get through every bad day you’ve had. You’ll make it through this one too.

Make up your mind that no matter what comes your way, no matter how difficult, no matter how unfair, you will do more than simply survive. You will thrive in spite of it. – Joel Osteen

There is no better than adversity. Every defeat, every heartbreak, every loss, contains its own seed, its own lesson on how to improve your performance the next time. – Malcolm X

I will breathe. I will think of solutions. I will not let my worry control me. I will not let my stress level break me. I will simply breathe. And it will be okay. Because I don’t quit. – Shayne McClendon

You should never view your challenges as a disadvantage. Instead, it’s important for you to understand that your experience facing and overcoming adversity is actually one of your biggest advantages. – Michelle Obama

**QUOTES ABOUT STRENGTH THROUGH HARD TIMES**

Until you’re broken, you don’t know what you’re made of.

Be strong when you are weak & brave when you are scared.

When life puts you in tough situations, don’t say “why me?” Say “try me”.

Nothing external can have any power over you unless you permit it. – OG Mandino

Be strong enough to let go and patient enough to wait for what you deserve.

Hard times are often blessings in disguise. Let go and let life strengthen you.

The struggle you’re in today, is developing the strength you need for tomorrow. – Robert Tew

Strength does not come from physical capacity. It comes from an indomitable will. – Mahatma Gandhi

Strength doesn’t come from what you can do. It comes from overcoming the things you once thought you couldn’t. – Rikki Rogers

Courage doesn’t always roar. Sometimes courage is the quiet voice at the end of the day saying, “I will try again tomorrow.” – Mary Anne Radmacher

Hard times may have held you down, but they will not last forever. When all is said and done, you will be increased. – Joel Osteen

Strength isn’t about how much you can handle before you break. It’s about how much you can endure after you’ve been broken.

No matter how hard times may get, always hold your head up and be strong; show them you’re not as weak as they think you are.

Anyone can give up, it’s the easiest thing in the world to do. But to hold it together when everyone else would understand if you fell apart, that’s true strength.

You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, ‘I lived through this horror. I can take the next thing that comes along. Eleanor Roosevelt

**UPLIFTING QUOTES FOR HARD TIMES**

Difficult roads always lead to beautiful destinations. – Zig Ziglar

Pain has taught me to appreciate the things that don’t hurt. – Melissa Tripp

Just when the caterpillar thought the world was ending, he turned into a butterfly.

Keep your face always toward the sunshine – and shadows will fall behind you. – Walt Whitman

Anyone who has grown mentally, physically or spiritually knows that growth is not found in comfort.

Work on being in love with the person in the mirror who has been through so much but is still standing.

Sometimes you don’t realize your own strength until you come face to face with your greatest weakness. – Susan Gale

You need to spend time crawling alone through shadows to truly appreciate what it is to stand in the sun. ― Shaun Hick

Sometimes you face difficulties not because you’re doing something wrong but because you’re doing something right.

Be strong enough to walk away from what’s hurting you, and be patient enough to wait for the blessings you deserve.

When God pushes you to the edge of difficulty, trust Him fully because two things can happen. Either He’ll catch you when you fall, or He will teach you how to fly.

Whenever you find yourself doubting how far you can go, just remember how far you have come. Remember everything you have faced, all the battles you have won, and all the fears you have overcome. – Unknown

**HARD TIME QUOTES FOR RELATIONSHIPS**

The first duty of love is to listen. – Paul Tillich

Know when it’s time to walk away for your well-being and theirs.

If you have respect and consideration for one another, you’ll make it. – Mary Durso

When you don’t talk, there’s a lot of stuff that ends up not getting said. ― Catherine Gilbert Murdock

Staying together when things get tough will only make you a stronger couple. – unkown

The two individuals in a relationship must continue to grow together. Or, they grow apart.

Learn to express your feelings and emotions without pushing the other persons buttons. – unknown

If you focus all of your energy into bringing out the best in each other, you will have very little time left for arguing.

Never go to bed angry. Love and respect each other enough to at least bring peace to the relationship until tomorrow.

When we face pain in relationships our first response is often to sever bonds rather than to maintain commitment. ― bell hooks

Every time you get upset at something, ask yourself if you were to die tomorrow, was it worth wasting your time being angry?

You should never give up. No matter how hard the situation is, always believe that something beautiful is going to happen. – unknown

Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope. – Maya Angelou

I’m stronger because I had to be, I’m smarter because of my mistakes, happier because of the sadness I’ve known, and now wiser because I learned.

Love is a choice. Being in a committed relationship is a choice. Creating a beautiful life together is a choice. You must make this choice each day of your life if your relationship is to last.

Every couple needs to argue now and then. Just to prove that the relationship is strong enough to survive. Long-term relationships, the ones that matter, are all about weathering the peaks and the valleys. ― Nicholas Sparks

**HARD TIMES & ADVERSITY SAYINGS**

The beautiful thing about life is that you can always change, grow and get better. You aren’t defined by your past. You aren’t your mistakes.

When written in Chinese the word “crisis” is composed of two characters – one represents danger and the other represents opportunity. – John F. Kennedy

I must not fear.  
Fear is the mind-killer.  
Fear is the little-death that brings total obliteration.  
I will face my fear.  
I will permit it to pass over me and through me.  
And when it has gone past I will turn the inner eye to see its path.  
Where the fear has gone there will be nothing.  
Only I will remain.  
– Frank Herbert

I learned there are troubles of more than one kind.  
Some come from ahead, others come from behind.  
But I’ve bought a big bat. I’m all ready, you see.  
Now my troubles are going to have trouble with me.  
– Dr. Seuss

When things go wrong as they sometimes will,  
When the road you’re trudging seems all uphill,  
When the funds are low and the debts are high,  
And you want to smile but you have to sigh,  
When care is pressing you down a bit  
Rest if you must, but don’t you quit.  
Success is failure turned inside out,  
The silver tint on the clouds of doubt,  
And you can never tell how close you are,  
It may be near when it seems afar.  
So, stick to the fight when you’re hardest hit  
It’s when things go wrong that you mustn’t quit.

**TIPS FOR GOING THROUGH HARD TIMES**

1. Remember to Breathe

When going through difficult times we tend to shorten our breath. Some of us even forget to breathe.

Breathing slow and deep is crucial to keeping your mind and body relaxed. If you stay in a relaxed state, it is much easier for your mind to come up with solutions that will help you through the hard times.

2. Embrace the Challenge

Whatever you are going through, this is your moment right now. This is the time that will define you as a person.

This difficult time is an opportunity for you to learn and grow. Life is giving you a platform to become the bigger version of yourself.

Will you step up and answer the opportunity with courage?

Or, will you shrink and react from fear.

The choice is yours.

3. Exercise Daily

One of the best ways to transform stress is by exercising. Especially some form of cardio.

This gets the heart pumping and the blood flowing which is important so you don’t become stagnant.

Problems are much easier solved when the body is moving.

4. Focus on the Positive

No matter how hard or difficult the situation may be, remember to focus on the positive.

There is always something you can focus on that will remind you that you are blessed.

Remain in a state of gratitude and you will see that solutions and opportunities will present themselves much faster.

5. Use Your Imagination

Your imagination is the most powerful tool you have. It is the engine that brings all solutions to you.

Make sure to spend each day day dreaming and visualizing things you can do that will help you overcome your obstacles.

6. One Day At A Time

As cliche as it may sound, take things one day at a time.

Write down all the things you need to do and get organized.

Focus on accomplishing one to three tasks a day that help you move forward.

As you accomplish each task, you will feel progress and things will get better.

