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# Quotes about Fear

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Only your mind can produce fear.

- A Course In Miracles

As the ostrich when pursued hideth his head, but forgetteth his body; so the fears of a coward expose him to danger.

- Akhenaton

Fear is a disease that eats away at logic and makes man inhuman.

- Anderson, Marian

An ugly sight, a man who is afraid.

- Anouilh, Jean

Come to the edge, He said. They said, We are afraid. Come to the edge, He said. They came. He pushed them... and they flew.

- Apollinaire, Guillaume

Every time you win, it diminishes the fear a little bit. You never really cancel the fear of losing; you keep challenging it.

- Ashe, Arthur

It is not death that a man should fear, but he should fear never beginning to live.

- Aurelius, Marcus

You mistake me, my dear. I have a high respect for your nerves. They are my old friends.

I have heard you mention them with consideration these twenty years at least.

- Austen, Jane

A chicken doesn't stop scratching just because worms are scarce.

- Axiom, Grandma

Men fear death as children fear to go in the dark; and as that natural fear in children is increased with tales, so is the other.

- Bacon, Francis

It is a miserable state of mind to have few things to desire and many things to fear.

- Bacon, Francis

At man's core there is a voice that wants him never to give in to fear. But if it is true that in general man cannot give in to fear, at the very least he postpones indefinitely the moment when he will have to confront himself with the object of his fear... when he will no longer have the assistance of reason as guaranteed by God, or when he will no longer have the assistance of God such as reason guaranteed. It is necessary to recoil, but it is necessary

to leap, and perhaps one only recoils in order to leap better.

- Bataille, Georges

Terror is as much a part of the concept of truth as runniness is of the concept of jam. We wouldn't like jam if it didn't, by its very nature, ooze. We wouldn't like truth if it wasn't sticky, if, from time to time, it didn't ooze blood.

- Baudrillard, Jean

Fear secretes acids; but love and trust are sweet juices.

- Beecher, Henry Ward

Fear is met and destroyed with courage.

- Bell, James F.

Anything I've ever done that ultimately was worthwhile... initially scared me to death.

- Bender, Betty

The worst sorrows in life are not in its losses and misfortune, but its fears.

- Benson, Arthur Christopher

We must travel in the direction of our fear.

- Berryman, John

Take courage! It is I. Don't be afraid. &#91;Matthew 14:27&#93;

- Bible

An appeal to fear never finds an echo in German hearts.

- Bismarck, Otto Von

There are only two forces that unite men -- fear and interest.

- Bonaparte, Napoleon

Men are Moved by two levers only: fear and self interest

- Bonaparte, Napoleon

He who fears being conquered is sure of defeat.

- Bonaparte, Napoleon

There is great beauty in going through life without anxiety or fear. Half our fears are baseless, and the other half discreditable.

- Bovee, Christian Nevell

Good men have the fewest fears. He has but one great fear who fears to do wrong; he has a thousand who has overcome it.

- Bovee, Christian Nevell

Panic is a sudden desertion of us, and a going over to the enemy of our imagination.

- Bovee, Christian Nevell

First you jump off the cliff and you build wings on the way down.

- Bradbury, Ray

The man who has ceased to fear has ceased to care.

- Bradley, Francis H.

Fear does not have any special power unless you empower it by submitting to it.

- Brown, Les

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

- Brown, Les

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.

- Brown, Les

The fear of being wrong is the prime inhibitor of the creative process.

- Bryant, Jean

When one has the feeling of dislike for evil, when one feels tranquil, one finds pleasure in listening to good teachings; when one has these feelings and appreciates them, one is free of fear.

- Buddha

The whole secret of existence is to have no fear. Never fear what will become of you, depend on no one. Only the moment you reject all help are you freed.

- Buddha

No passion so effectually robs the mind of all its powers of acting and reasoning as fear.

- Burke, Edmund

Most fears cannot withstand the test of careful scrutiny and analysis. When we expose our fears to the light of thoughtful examination they usually just evaporate.

- Canfield, Jack

The first duty of man is to conquer fear; he must get rid of it, he cannot act till then.

- Carlyle, Thomas

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

- Carnegie, Dale

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.

- Carnegie, Dale

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.

- Carnegie, Dale

You can conquer almost any fear if you will only make up your mind to do so. For remember, fear doesn't exist anywhere except in the mind.

- Carnegie, Dale

Fear has many eyes and can see things underground.

- Cervantes, Miguel De

The timidity of the child or the savage is entirely reasonable; they are alarmed at this world, because this world is a very alarming place. They dislike being alone because it is verily and indeed an awful idea to be alone. Barbarians fear the unknown for the same reason that Agnostics worship it --because it is a fact.

- Chesterton, Gilbert K.

If you are not concerned about the outcome of a circumstance, you will experience no fear. Whatever the outcome will be, will be, whether you fear it or not.

- Ching Ning Chu

It is better to be frightened now than killed hereafter

- Churchill, Winston

Fear is not a lasting teacher of duty.

- Cicero, Marcus T.

Fear can supplant our real problems only to the extent --unwilling either to assimilate or to exhaust it --we perpetuate it within ourselves like a temptation and enthrone it at the very heart of our solitude.

- Cioran, E. M.

He who strikes terror in others is himself continually in fear.

- Claudianus, Claudius

If hopes were dupes, fears may be liars.

- Clough, Arthur Hugh

We often pretend to fear what we really despise, and more often despise what we really fear.

- Colton, Charles Caleb

How does one kill fear, I wonder? How do you shoot a specter through the heart, slash off

its spectral head, take it by its spectral throat?

- Conrad, Joseph

Fear can be conquered. I became a better person and a better football player when I learned that lesson.

- Craig, Roger

Just as courage imperils life; fear protects it.

- Da Vinci, Leonardo

Comfort zones are plush lined coffins. When you stay in your plush lined coffins, you die.

- Dale, Stan

It all changed when I realized I'm not the only one on the planet who's scared. Everyone else is, too. I started asking people, Are you scared, too? You bet your sweet life I am. Aha, so that's the way it is for you, too. We were all in the same boat. That's probably what is so effective at our workshops. When I ask, Who else feels like this? the whole room of hands goes up. People realize they are not the only one who feels that way.

- Dale, Stan

A fighter has to know fear.

- D'Amato, Cus

The hero and the coward both feel the same thing, but the hero uses his fear, projects it onto his opponent, while the coward runs. It's the same thing, fear, but it's what you do with it that matters.

- D'Amato, Cus

The first and great commandment is, Don't let them scare you.

- Davis, Elmer

Fear is the biggest motivator.

- Dixon, Bill

Fear can be headier than whiskey, once man has acquired a taste for it.

- Downes, Donald

My worst fear is that I'll end up living in some run-down duplex on Wilshire wearing pants hiked up to my nipples and muttering under my breath.

- Dreyfuss, Richard

He has not learned the first lesson of life who does not every day surmount a fear.

- Dryden, John

By the time we are women, fear is as familiar to us as air. It is our element. We live in it, we inhale it, we exhale it, and most of the time we do not even notice it. Instead of I am

afraid, we say, I don't want to, or I don't know how, or I can't.

- Dworkin, Andrea

It's better to get mugged than to live a life of fear.

- Dyson, Freeman

He without fear is king of the world.

- Eddison, E. E.

I will show you fear in a handful of dust.

- Eliot, T. S.

Fear defeats more people than any other one thing in the world.

- Emerson, Ralph Waldo

Fear always springs from ignorance.

- Emerson, Ralph Waldo

Do the thing we fear, and the death of fear is certain.

- Emerson, Ralph Waldo

Always do what you are afraid to do.

- Emerson, Ralph Waldo

For it is not death or hardship that is a fearful thing, but the fear of death and hardship.

- Epictetus

One of the greatest discoveries a man makes, one of his great surprises, is to find he can do what he was afraid he couldn't do.

- Ford, Henry

Winners are those people who make a habit of doing the things losers are uncomfortable doing.

- Foreman, Ed

Those who love to be feared fear to be loved, and they themselves are more afraid than anyone, for whereas other men fear only them, they fear everyone.

- Francis De Sales, St.

Fear may come true that which one is afraid of.

- Frankl, Viktor E.

There is the fear that we shan't prove worthy in the eyes of someone who knows us at least as well as we know ourselves. That is the fear of God. And there is the fear of Man --fear that men won't understand us and we shall be cut of from them.

- Frost, Robert

Most fear stems from sin; to limit one's sins, one must assuredly limit one's fear, thereby bringing more peace to one's spirit.

- Gaye, Marvin

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

- Gillies, Jerry

The truth is that there is no terror untempered by some great moral idea.

- Godard, Jean-Luc

It is the strange fate of man, that even in the greatest of evils the fear of the worst continues to haunt him.

- Goethe, Johann Wolfgang Von

Fear guides more than gratitude.

- Goldsmith, Oliver

Don't be afraid your life will end; be afraid it will never begin.

- Hansen, Grace

Fear of success can also be tied into the idea that success means someone else's loss.

Some people are unconsciously guilty because they believe their victories are coming at the expense of another.

- Harvey, Joan C.

Fear is excitement without breath.

- Heller, Robert

Fear is the mind killer

- Herbert, Frank

You are only afraid if you are not in harmony with yourself. People are afraid because they have never owned up to themselves.

- Hesse, Hermann

Fears are nothing more than states of mind.

- Hill, Napoleon

The most common cause of fear of old age is associated with the possibility of poverty.

- Hill, Napoleon

There is no terror in a bang, only in the anticipation of it.

- Hitchcock, Alfred

Fear of becoming a has been keeps some people from becoming anything.

- Hoffer, Eric

Fear comes from uncertainty. When we are absolutely certain, whether of our worth or worthlessness, we are almost impervious to fear. Thus a feeling of utter unworthiness can be a source of courage.

- Hoffer, Eric

Fear of the pain blinds us to the goal of healing. Only by seeing our problems clearly and experiencing them can we do something about them.

- Hoffman, Bob

Do what you fear most and you control fear.

- Hopkins, Tom

Action cures fear, inaction creates terror.

- Horton, Doug

Grab the broom of anger and drive off the beast of fear.

- Hurston, Zora Neale

When the will defies fear, when duty throws the gauntlet down to fate, when honor scorns to compromise with death -- that is heroism.

- Ingersoll, Robert Green

I think over again my small adventures, my fears, These small ones that seemed so big.  
For all the vital things I had to get and to reach. And yet there is only one great thing, The  
only thing. To live to see the great day that dawns And the light that fills the world.

- Inuit Song

Never take counsel of your fears.

- Jackson, Stonewall

In morals what begins in fear usually ends in wickedness; in religion what begins in fear  
usually ends in fanaticism. Fear, either as a principle or a motive, is the beginning of all  
evil.

- Jameson, Anna

Feel the fear and do it anyway.

- Jeffers, Susan

Have no fear of moving into the unknown. Simply step out fearlessly knowing that I am  
with you, therefore no harm can befall you; all is very, very well. Do this in complete faith  
and confidence.

- John Paul II

Every day I run scared. That's the only way I can stay ahead.

- Johnson, John

Become so wrapped up in something that you forget to be afraid.

- Johnson, Lady Bird

Shame arises from the fear of men, conscience from the fear of God.

- Johnson, Samuel

Fear is implanted in us as a preservative from evil; but its duty, like that of other passions, is not to overbear reason, but to assist it. It should not be suffered to tyrannize

- Johnson, Samuel

Fear is the sand in the machinery of life.

- Jones, Eli Stanley

My fear... is my substance, and probably the best part of me.

- Kafka, Franz

Scruples, temptations, and fears, and cutting perplexities of the heart, are often the lot of the most excellent persons.

- Kempis, Thomas

Let us never negotiate out of fear but let us never fear to negotiate.

- Kennedy, John F.

Only with absolute fearlessness can we slay the dragons of mediocrity that invade our gardens.

- Keynes, John Maynard

There is nothing with which every man is so afraid as getting to know how enormously much he is capable of doing and becoming.

- Kierkegaard, Soren

A champion is afraid of losing. Everyone else is afraid of winning.

- King, Billie Jean

What is needed, rather than running away or controlling or suppressing or any other resistance, is understanding fear; that means, watch it, learn about it, come directly into contact with it. We are to learn about fear, not how to escape from it.

- Krishnamurti, Jiddu

Where fear is present, wisdom cannot be.

- Lactantius, Lucius C.

Favor and disgrace are like fear. Favor is in a higher place, and disgrace in a lower place.

When you win them you are like being in fear, and when you lose them you are also like being in fear. So favor and disgrace are like fear.

- Lao-Tzu

A woman is the only thing I am afraid of that I know will not hurt me.

- Lincoln, Abraham

We fear things in proportion to our ignorance of them.

- Livy, Titus

I am deliberate and afraid of nothing.

- Lorde, Audre

Fear is the oldest and strongest emotion of mankind.

- Lovecraft, H. P.

Great fear is concealed under daring.

- Lucan, F. L.

It is better to be feared than loved, if you cannot be both.

- Machiavelli, Niccolo

The more I traveled the more I realized that fear makes strangers of people who should

be friends.

- Maclaine, Shirley

Only he who can say, The Lord is my strength, can say, Of whom shall I be afraid?

- Maclaren, Alexander

It is an old psychological axiom that constant exposure to the object of fear immunizes against the fear.

- Maltz, Maxwell

Most of our obstacles would melt away if, instead of cowering before them, we should make up our minds to walk boldly through them.

- Marden, Orison Swett

God incarnate is the end of fear; and the heart that realizes that He is in the midst... will be quiet in the middle of alarm.

- Meyer, F. B.

There is nothing strange about fear: no matter in what guise it presents itself it is something with which we are all so familiar that when a man appears who is without it we are at once enslaved by him.

- Miller, Henry

The thing I fear most is fear.

- Montaigne, Michel Eyquem De

I know what I am fleeing from, but not what I am in search of.

- Montaigne, Michel Eyquem De

There is no passion so contagious as that of fear.

- Montaigne, Michel Eyquem De

I have a fear of failure.

- Montana, Joe

Depression, gloom, pessimism, despair, discouragement, these slay ten human beings to every one murdered by typhoid, influenza, diabetes or pneumonia. If tuberculosis is the great white plague, then fear is the great black plague.

- Murray, Gilbert

An anthill increases by accumulation. Medicine is consumed by distribution. That which is feared lessens by association. This is the thing to understand.

- Nagarjuna, Siddha

There is perhaps nothing so bad and so dangerous in life as fear.

- Nehru, Jawaharlal

Fear is the mother of morality.

- Nietzsche, Friedrich

Whenever we're afraid, its because we don't know enough. If we understood enough, we would never be afraid.

- Nightingale, Earl

How very little can be done under the spirit of fear.

- Nightingale, Florence

You can't underestimate the power of fear.

- Nixon, Patricia

People react to fear, not love --they don't teach that in Sunday School, but it's true.

- Nixon, Richard M.

No Fear.

- No Fear Company

Half the things that people do not succeed in are through fear of making the attempt.

- Northcote, James

To hate and to fear is the be psychologically ill... it is, in fact, the consuming illness of our time.

- Overstreet, Harry A.

You can get something done in a short time with fear, but in the long run it just doesn't pay off.

- Parsons, Wendell

There is a time to take counsel of your fears, and there is a time to never listen to your fear.

- Patton, George S.

If we take the generally accepted definition of bravery as a quality which knows no fear, I have never seen a brave man. All men are frightened. The more intelligent they are, the more they are frightened.

- Patton, George S.

The timid are afraid before the danger, the cowardly while in danger, and the courageous after danger.

- Paul, Jean

Fear is that little darkroom where negatives are developed.

- Pritchard, Michael

He who fears to suffer, suffers from fear.

- Proverb

That fear may reach all, punish but few.

- Proverb

A scalded cat dreads cold water.

- Proverb

People always make the wolf more formidable than he is.

- Proverb, French

Fear the man who fears you.

- Proverb, Hasidic

Fear only two: God, and the man who has no fear of God.

- Proverb, Hasidic

He who is afraid of a thing gives it power over him.

- Proverb, Moorish

Fear less, hope more; eat less, chew more; whine less breathe more; talk less, say more; hate less, love more; and all good things are yours.

- Proverb, Swedish

There are moments when everything goes well, but don't be frightened.

- Renard, Jules

Never fear shadows. They simply mean there's a light shining somewhere nearby.

- Renkel, Ruth E.

You gain strength, courage, and confidence by each experience in which you really stop to look fear in the face. You are able to say to yourself, "I have lived through this horror. I can take the next thing that comes along." You must do the thing you think you cannot do.

- Roosevelt, Eleanor

I believe that anyone can conquer fear by doing the things he fears to do, provided he keeps doing them until he gets a record of successful experience behind him.

- Roosevelt, Eleanor

The only thing we have to fear is fear itself.

- Roosevelt, Franklin D.

Fear makes men believe the worst.

- Rufus, Quintus Curtius

Fear is the main source of superstition, and one of the main sources of cruelty. To conquer fear is the beginning of wisdom.

- Russell, Bertrand

That fear first created the gods is perhaps as true as anything so brief could be on so great a subject.

- Santayana, George

Humans, with the capacities of higher-order thinking, can overcome limiting behaviors and fears.

- Scheele, Paul R.

If you listen to your fears, you will die never knowing what a great person you might have been.

- Schuller, Robert H.

Do what you fear and fear disappears.

- Schwartz, David J.

Where the fear is, happiness is not.

- Seneca

A person's fears are lighter when the danger is at hand.

- Seneca

We are more often frightened than hurt; and we suffer more from imagination than from reality.

- Seneca

Things done well and with a care, exempt themselves from fear.

- Shakespeare, William

The best safety lies in fear.

- Shakespeare, William

Fearless minds climb soonest into crowns.

- Shakespeare, William

In time we hate that which we often fear.

- Shakespeare, William

Of all base passions, fear is the most accursed.

- Shakespeare, William

Fear of failure must never be a reason not to try something.

- Smith, Frederick

To him who is in fear everything rustles.

- Sophocles

If you're never scared or embarrassed or hurt, it means you never take any chances.

- Sorel, Julia

Curiosity will conquer fear even more than bravery will.

- Stephens, James

Keep your fears to yourself, but share your courage with others.

- Stevenson, Robert Louis

The worst nightmare I ever had about Vietnam was that I had to go back. I woke up in a sweat, in total terror.

- Stone, Oliver

I can say, I am terribly frightened and fear is terrible and awful and it makes me uncomfortable, so I won't do that because it makes me uncomfortable. Or I could say get

used to being uncomfortable. It is uncomfortable doing something that's risky. But so what? Do you want to stagnate and just be comfortable?

- Streisand, Barbara

Valor grows by daring, fear by holding back.

- Syrus, Publilius

Even the bravest men are frightened by sudden terrors.

- Tacitus, Publius Cornelius

Only when we are no longer afraid do we begin to live

- Thompson, Dorothy

Try a thing you haven't done three times. Once, to get over the fear of doing it. Twice, to learn how to do it. And a third time to figure out whether you like it or not.

- Thomson, Virgil

People die of fright and live of confidence.

- Thoreau, Henry David

Fear is the darkroom where negatives are developed.

- Unknown, Source

The innocent are free from fear, but the guilty always the dread of punishment before their eyes.

- Unknown, Source

Fear is a habit; so is self-pity, defeat, anxiety, despair, hopelessness and resignation. You can eliminate all of these negative habits with two simple resolves: I can!! and I will!!

- Unknown, Source

Each time we face our fear, we gain strength, courage, and confidence in the doing.

- Unknown, Source

All men have fears, but the Brave put down their fears and go forward. Sometimes to Death, but always to Victory.

- Unknown, Source

Fear is what kills us.

- Unknown, Source

He who knows self as the enjoyer of the honey from the flowers of the senses, ever present within, ruler of time, goes beyond fear. For this self is supreme!

- Upanishads, Veda

Fear is proof of a degenerate mind.

- Virgil

Fear is proof of a low born soul.

- Virgil

To live with fear and not be afraid is the final test of maturity.

- Weeks, Edward

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 were born to make manifest the glory of God that is within us. It is not just in some of us, it is 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.

- Williamson, Marianne

Fear God and you need not fear anyone else.

- Wilson, Woodrow T.

A man's doubts and fears are his worst enemies.

- Wrigley Jr., William

Less base the fear of death than fear of life.

- Young, Edward

Action conquers fear.

- Zarlenga, Peter Nivio

Sometimes we are scared of our own shadow, and our imaginations get the best of us.

- Dye, James

Never turn your back on fear. It should always be in front of you, like a thing that might have to be killed.

- Thompson, Hunter S.

I've been absolutely terrified every moment of my life - and I've never let it keep me from doing a single thing I wanted to do.

- O'Keeffe, Georgia





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