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*Episode #358 Show Notes*

Transform Fear Into Super Human Power

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Jeff Anderson spent ten years in light infantry in the military and is a combat war veteran. Most of Jeff's military service was spent with the 10th Mountain Division – an elite light infantry force of highly trained warriors specially trained for warfare under all conditions – arctic, jungle, desert, mountains, urban terrain – you name it.

After 10 years of military training in additional elite infantry units around the world, Jeff began working as a security consultant and executive protection specialist for private clients and the entertainment industry, eventually earning his industry recognized Certified Protection Professional (CPP) designation. Later, he went on to instruct hand-to-hand combat and weapons combat and eventually organized a unique combatives association focused on all areas of survival, called The International Society Of Close Quarter Combatants ([www.ISCQC.org](http://www.ISCQC.org)).

Jeff's work has been published in several magazines and expert blogs and his manuals and survival combat training DVDs have long been best-sellers. As the Editor in Chief of Modern Combat & Survival, a publication of the ISCQC that provided focused training strategies for all areas of survival for men and women of all walks of life, Jeff determined the next step: the lifestyle brand **Warrior Life**. To learn more about *Warrior Life* and the way of life it promotes, [visit us online](#).



## Transform Fear Into Super Human Power

with Jeff Anderson from <https://www.WarriorLife.com/>

### The First Step To Fighting Fear

- Do NOT show fear.
- Reverse the psychological effects of fear in your body by using breathing techniques to start.
- Stress makes your body disengage the diaphragm, which prevents you from breathing deeply.
- You must FORCE yourself to breathe slowly and deeply.
- Use the trigger word, BREATHE, inhale slowly through the nose for 4 seconds, breathing down deep into the bottom of the lungs. Hold for 2-4 seconds, then exhale slowly for a 4-count, holding for 2-4 seconds at the end.
- Internally, say to yourself, BREATHE the whole time.

### The Second Step: Reversing The Effects Of Fear

- There are other techniques, but if you intend to strike first, do this:
- Fear and excitement are the same thing, really, in terms of your body... so if your brain thinks defensively, it calls the feeling "fear," which hurts you.
- Switch your breathing AND your brain 180 degrees to trigger the exact OPPOSITE response.

- Work your brain up with a quick visualization of tearing off your opponent's face.
- Simultaneously, think the word, "ATTACK!" while you take a quick, short, super-powerful breath through your nose (with your mouth closed and your lips tensed into a mean "sneer.")
- Force your muscles to tense up with your first strike. You are building a vicious reserve of destruction that just needs to be "unleashed" when you feel the time is right.

### Practicing The Second Step

- This technique is easily practiced in a room where you have lots of space.
- You can close your eyes while you do it, then crank up the adrenaline.
- Imagine you're staring into the eyes of a giant bully who's trying to humiliate you in front of a bar full of patrons.
- Punch repeatedly into the air or a heavy bag, BOB, etc.
- Run forward as if you were running right down the attacker's throat, if you have the room to do it.
- Bring yourself back down to a complete calmness with your First-Step breathing.
- Repeat the process using the same techniques.

*Prepare. Train. Survive.*



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Hey there. What's up, Warriors? It is Jeff from Warriorlife.com and welcome to podcast episode number 358. So this week how to show, no fear in the face of an attacker and how to summon superhuman strength with the flip of a switch. It is possible. And I'm going to show you exactly how to do that. Right now, let's talk tactics.

Hey there, welcome back everybody. This is Jeff Anderson, executive director of warriorlife.com and I don't know about you, but I had, I had a great Fourth of July weekend, the family. And I went down to our little town Main Street in our little town in Florida here. And there was a wonderful, small town parade. You know, the kind with like the scouts going down and and the the the marching bands and the bagpipes and the Star Wars float, which I thought was really kind of like the best float.

In the whole parade. And then we had the fireworks in the evening time and we had a really great patriotic ceremony right after the parade downtown. And what I like about it is, I love this, the little town feel that's really. I was born and raised in a small town and it's really where I feel like I just, I just love the town that we live in here and we, I love like when we bring out the Local Heroes who are the Vietnam veterans and we had World War Two veterans there.

We were showing and honoring them with our respect. And I love those kind of those kinds of Ceremonies and and this time we even had like the local high schools Civil Air Patrol that was marching in there and there they were doing their best. They I wanted to jump out there and get them back into formation. Get them in step and and call some Cadence to kind of get him in there. But they're young and I love seeing the patriotism of our young folks out there and and they're they're feeling of respect and admiration and the

I'd of being an American and in the ceremony that we had after the parade, when we were bringing up the, the veterans and, and the heroes from these past Wars and honoring them. And the Civil Air Patrol did a special exhibit for them or a special presentation for them. And in the formation, they called out the supposed to be like a bugler, right? But it's kid with a, I don't know.

Have been like 16, 17 years old, or so, and he had a trumpet, and he marched out in front of the, their formation, and the formation themselves. They had the colors there. So that the American flag, they had like a poww flag there. They had add another flag

and they were, they were presenting the colors and the bugler got up on top of the stage, like, this is the kind of one of those gazebos in the middle of town square.

And was high above the rest of the formation, right? In everybody's View and his only goal was his only mission was to perform Taps on the trumpet and from the very first note, you could tell this was going to be a disaster, right? If you've ever seen like the World Series or a baseball game, that's gone really bad by somebody getting up there and they go to sing the national anthem and it's just a

Train wreck you can tell kind of from the first note that this was going to be a train wreck.

The kid got up there and you could see the look of Terror on his face from the very beginning. You can see him sweating, you could see him. He there were shortness of breath. You can see like his heart beating through his chest. He was trembling he was this was the adrenaline dump in action and you could just see the fear of being in the public eye and getting it all wrong.

And it was all playing out right in front of us and this type of public. Any, to any sort of public speaking is, one of the biggest fears that people have even more so than the fear of death in Studies have shown this. And this is one of the reasons why Kyle Lamb. I don't know if you know who Kyle Lamb is but he's a former Delta Force, sergeant major are retired. Military Viking tactical is his company and I remember seeing him at the I think was the aunt one of the NRA shows.

And we're talking and he was talking about how he gets more of an adrenaline dump from competition than he does from ever being in combat. And so, he recommended that people actually take up competition shooting and as a way, a real kind of, you know, re-enacting, the fear that you might have, you know, kind of instilling that, that that sense of that, adrenaline dump that you might have in a real attack. And this is the same fear that you may feel.

Confronted by a bully at a bar or some guy screaming at you in the parking lot for accidentally. Taking this spot that he was waiting for some some guys Cro-Magnon response to you mistakenly knocking his girlfriend's drink in her lap. And that's what I was thinking of. As I was watching this kid kind of meltdown in front everybody, he kept trying and trying and trying and it wasn't working it just wasn't working. He did the best that he could but it was a very it was a horrible response. Now for me, I wanted to see the kid



It afterwards and Pat him on the back because it takes balls just to even get up there. I mean, like, I wonder how many other people they asked to do it, that just said no until they finally said, no you're going to have to learn this and you're going to have to go up there and do it. I don't think the kid ever really had either. He didn't have any real training and just tried to tried to learn it on his own be right before the thing or maybe even had training and it was just fear overcame him, and that's what happens, right?

But I just wanted to Pat him on his back. But when he finished, he even started mumbling, something to the to his fellow Civil Air Patrol members in front of him. Something I couldn't make out what it was, but I think it was something like you guys made me do this. You guys made me do this because he knew that he had screwed it all up and I really felt for the kid. I mean, I think a lot of you can feel for him also, because I've been in those situations where I've screwed it all up, and, but it takes balls to get up there and do it anyway. The crowd nervously kind of like clapped because we all knew

How hard it was to get up there and do that. And so we clapped form, probably didn't make them feel any better whatsoever. But it made me think about how you might be confronted by a bully and a bar, how you might be faced with that attacker that wooper as we call it. That person that wants to humiliate you in front of other people. And potentially things could get physical

And that fear that played out in front of us that fear has two sides. It can be your worst enemy but it can also be your best friend. It can help you some and superhuman strength and actually help you destroy any attacker in a matter of seconds. And I mean, any attacker, no matter how big and strong they actually are. So in just a few minutes, I'm going to give you a little trick that works like magic for transforming your fear into Power bi by using a combination of anchor words.

In simple breathing tactics, but before that, the first thing you need to realize is the threat of fear. Before you learn how to control it. You see, fear is a self-fulfilling prophecy of your own demise that bugler. Felt it it affected his breathing, it affected his fingers, it affected his lips and no matter how much he trained his body eventually failed him, he was afraid of failing in front of everybody and that fear. Overcame him and

It was a self-fulfilling prophecy. Now for you, when you're face-to-face with a bully, who's looking to rip you apart, their brain goes through the same Croc brain thinking that lizard brain thinking that's developed in us. Since the beginning of our existence on this planet which basically starts going through the process of this thing in front of me.

Should I should I kill it? Should I run away from it or should I screw it? We're men. It really is that simple. Should should I kill it? Should I run away from me?

He's going to kill me, or should I screw this thing? That's it. So that aggressor in front of you, he's sizing you up. And if he sees fear in your eyes and your body, he's basically going to be emboldened to continue his humiliation of you potentially even getting physical. So your first step then is to not show Fear as best you can and here's how to do it. You do it by reversing the physiological effects that fear has on your body.

Now, it starts with your breathing.

The tightness of your chest muscles, all of your muscles, actually.

It's all a protective measure of your body because it's tightening up to be able to either call upon strength that you might need to be able to defend yourself, or to be able to brace yourself against an attack from this person in front of you. So those muscles all tighten up and they make it harder for you to breathe your that that need your body feels the jump into action forces, you to disengage your diaphragm and not be able to breathe deeply into your lower lungs. So if, you know, realize it when you're in a relaxed,

When you're just relaxing, your just lounging around. Your breathing is is long and slow, its relaxing, right? You have the opposite effect, when you're feeling fear your breathing gets shallow. So to reverse this, you have to force yourself to breathe slowly, and deeply, not an easy thing to do. When you've got some gigantic gorilla in front of you, looking to rip your head off.

But here is how you can do it. And this is taught to police officers to Military and I'm teaching it to you here now. And it's you do this with a single trigger word, the word breathe and what's often referred to as combat breathing. So, the technique is this first, when, you know, you're being adrenal eyes, when you know that you're feeling fear, you say the word internally in your head, breathe. So that is your trigger to go into combat.

Breathing. So, when you start to feel fear, you say the word, breathe. So next, you inhale slowly through the nose for a long. Slow four seconds. So, you want to steadily breathe? Want to force yourself to breathe for 4 seconds. You want to breathe deeply into the bottom of your lungs and you want to hold it there for another two to four seconds. This is often called box breathing. It's like 4 seconds in slowly through the nose. Hold it for four seconds, and then





Want to Exhale for a slow for second count. Also again, holding it for another four seconds. Two seconds might be the only hold time for you at first when you're breathing is really strained, but you can work your way up to holding it for 4 seconds.

Now, the whole time you want to internally soothingly, say the words. Breathe, just want to keep saying, breathe for that whole, four seconds for that time, that you hold it in, for the time. You're exhaling, exhaling it, and then holding it again. You continue to do this.

All right. Now the threat in front of, you doesn't even need to see you doing. This becomes invisible. It's all done through the nose. They'll never even see you doing this.

But what if he's not backing down?

When you're in a no exit situation, you may be forced to fight. And so you don't want to be in this relaxed state. So this is where you need to be able to use that fear to summon your superhuman strength, to be able to destroy this person in front of you. Now, before I go into this next technique understand that there are other techniques that can be deployed here before it actually becomes a physical confrontation, there are ways to talk an aggressor down, there are psychological tricks.

That you can use to impose a defensive mindset into their brain. And you do have a responsibility to try to avoid a fight at all costs, no matter how trained you are. There's always that lucky punch that they might land the weapon that you don't see. Or it could be their buddies that are waiting for you. In the sidelines of you know you've got tunnel vision here, all you see this person and all you see is this person in front of you and you might not see that sucker punch coming from the side. So for all of those reasons you want to avoid an attack at all costs,

But all that's for another episode. For now, let's assume that you've tried all you can and you know that you're not talking your way out of this. Now is the time for you to strike and you have to do it first. You do not want to be put in a defensive situation. So, the second thing that you need to realize in these techniques, is that fear and excitement are actually the same feeling and the same physical state in your body? They're the same thing. The only difference is what your brain

Calls that physiological feeling based upon what you're going through. If your brain thinks defensively, then it calls these feelings fear and it hurts you, it's going to cause you to go into shutdown mode and you're a Sitting Duck for this person. So The Logical secret then is to switch your breathing and your brain 180 degrees to trigger the exact opposite response.



This was a technique. I actually learned in the very first martial art that I ever took which was pain guy, noon, Kung Fu. You see our sparring was a lot different than other martial arts studios out there what you might have experienced in your own sparring. If you've ever taken any sort of self-defense training out there, so we had no pads. We had no protection whatsoever. There wasn't even a, we don't even have a cop. We started the fight basically right up in each other's faces. There was no like

Hitting and kicking range. Starting with you started, right up in each other's faces and you stared into the eyes of your attacker.

And when the master said go, it was an all-out explosion of strikes and close quarter kicks.

And my instructor wants taught me this little trick to call upon, just this quick shot of superhuman, adrenaline and power. And I could easily use that to basically just defeat most of my classmates in less than like three to five seconds. They never even knew what hit them and here's how to do it. Just when you've decided that it's time to launch your attack, you're going to work your brain up with a quick visualization of you, ripping your

Sirs face right off. And I mean, like, literally like ripping it off, but by thinking you're of your own power to do it, it becomes this mental tension.

That you build up.

If you can imagine, if somebody were holding your child hostage, they were, they were holding their arm behind their back and just like cranking it up. And just, you could see the fear on their face, the pain that your kid was really going through and they just keep twisting their arm up. And then somebody just saying, I'd are you what are you gonna do? What are you going to do? What are you going to do? If you can imagine that where you're being held back. Like somebody's, got your hands held back but they're either going to let you go. It's you building up that desire

Rip this person apart. It does require some mental gymnastics for available for you to be able to do this but it's really not hard at all. You're building up that tension. And next you simultaneously think the word attack the same way we did before where it was like breathed was your trigger word attack now becomes your trigger word for attacking them and you do this while taking a quick short, super powerful.

Breath through your nose. I'm talking about with your mouth, closed, your lips tense in this means, sneer as you force, all of your muscles to tense up with your first strike. Essentially, you're building up this insane vicious reserve of destructive power that only needs to be Unleashed when you feel the time is right, it is a literal unleashing, a vicious brutal powder Power,

Now, it's also very easy for you to practice. So, all you need to do is you simply stand in a room where you have lots of room to maneuver and you close your eyes. Now, you can do this in front of a training dummy, like Bob training dummy or a heavy bag, you can even do this though with no other training device at all. So you can just do this with thin air. We want to do is you want to use your combat breathing to bring yourself to a state of complete calmness. Remember to think the word breathe as you're doing it.

Keeping your eyes closed. Then when you're ready, you crank up the adrenaline by, taking this powerful, breath, through your nose. You work up all of this tension and you quickly breathe in and out with very short powerful breaths with as much intensity as you can. And at the same time you imagine that you're staring into the eyes of a giant bully, who is trying to humiliate you in front of a bar full of patrons or as got like your kid held hostage, whatever it is that really triggers.

Tension in you you visualize that again with your eyes closed. Then you open your eyes at that moment, that you say, the word attack and you punched repeatedly into the air on a heavy bag or on the Bob training dummy, as you run forward. As if you're running straight down their throat, you want to drive through your attack or even if their training device isn't moving. You want to think you're going straight down their throat?

You do this for a period of only three to five seconds as ferociously as you possibly can.

Then you want to bring yourself back down to a state of complete calmness with your combat breathing again.

Keep doing the, the four seconds in holding it for two to four seconds for two seconds out and then holding it again for 4 seconds and then repeating you want to do this until you get down to a complete state of calmness again. And then you do the same exact thing. You build up the tension, you get it where you need a short breaths, open your eyes up, say the word attack and then again, attack, whatever it is, that is in front of you with its heavy bag, training device.

Thin air so by bringing yourself in and out of this state of calmness. And the adrenaline dump, you're going to quickly learn how to use both of these techniques to use that fear to your advantage, and give yourself an unfair advantage over that unsuspecting dumbass gorilla that made the mistake of trying to make an example. Out of you, you become friends with both how to turn fear into calmness and then how to turn calmness into excitement into rage into

struction and how to go in and out of both of those States at will, that is going to give you that unfair Advantage. So go ahead and give this exercise a try and then hit me up on our blog over at [Warrior life podcast.com](http://Warriorlife.com) and let me know what you think about this episode and this exercise in the comment section that is there also be sure to subscribe to our podcast on iTunes Spotify Stitcher or wherever you see your podcast and get your fix from while you're there. If you're loving our podcast episode, please go and

And leave us a badass review wherever you listen in speaking of which a quick shout-out to malicious goat. Wizard, who left us? Five stars and said best podcast concerning survival. This podcast is super helpful and it's taught me a lot. I really enjoy listening to Jeff interview, people and dive into topics that most people would not, think about what I really enjoy listening to is when he talks about controversial topics, like the Tactical, reload revolvers versus semi automatics, etc, etc. Thanks for all the good work you guys are doing.

Doing keep it up. No thank you malicious goat wizard. Thank you. Alright. Also if you have a question or tip that you want to share with our fellow Warriors out there, go ahead and head on over to [worry, life tips.com](http://worry.life) and submit it there. Well, even reward you for when you send it to us and we if we use it on the show and finally don't forget to check out our YouTube channel. Over at [youtube.com slash Warrior](http://youtube.com/slashWarrior) where we release a new video every week and subscribe, while you're there and hit that little bell. So you

Don't miss a single episode and until our next Warrior Life podcast episode, this is Jeff Anderson saying, prepare train and survive.