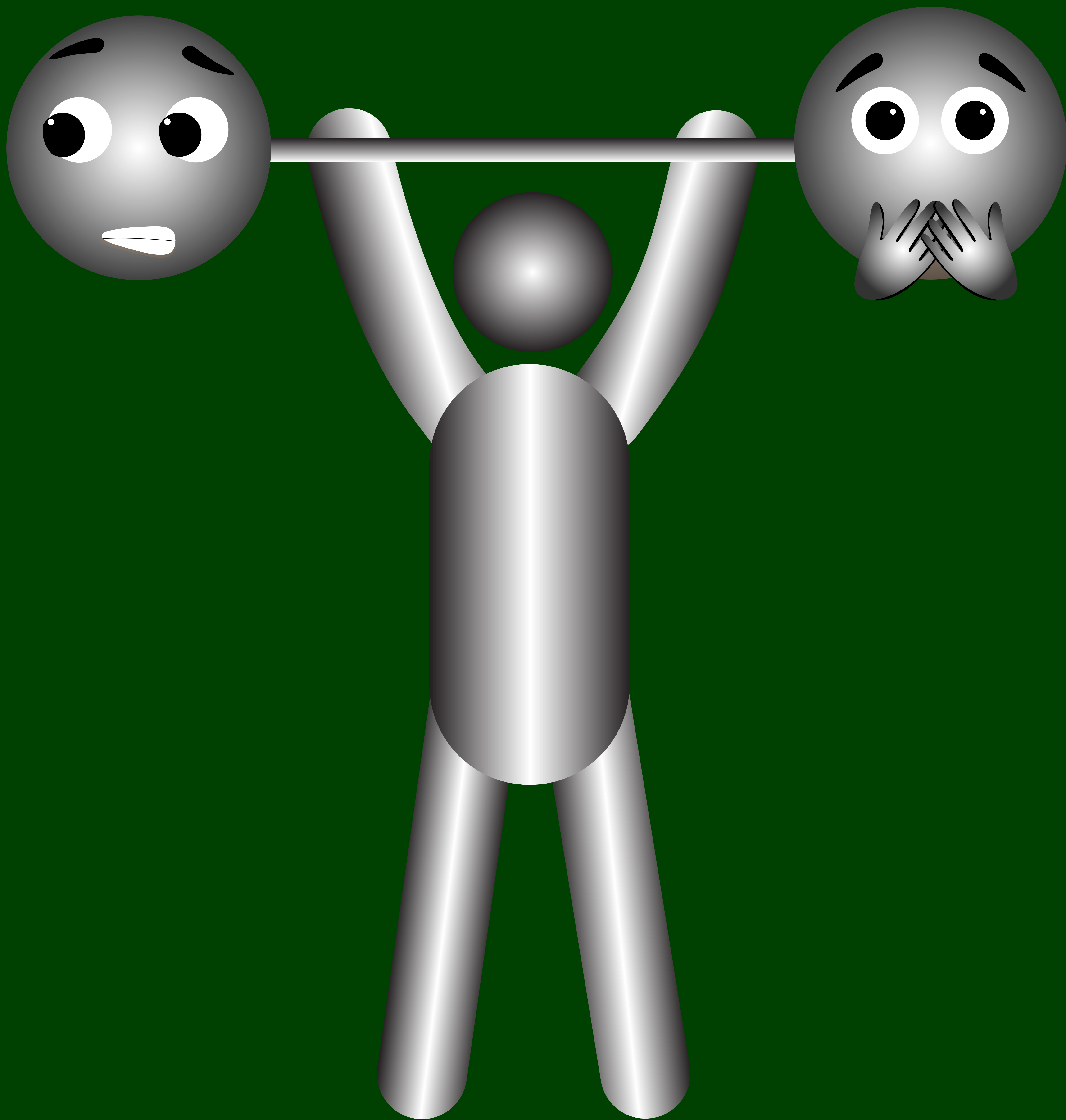


# Psychological Weight Training



Weightlifters use gravity as resistance. A psychological weightlifter uses fear. Plan a weekly or even daily time and situation where you say or do something that scares you. Just as a lifter's muscles strengthen after consistent weight sessions, you'll experience a strengthened ability to speak up or take actions in situations which have been threatening to you. You'll still get scared, but it'll take progressively more to scare you.