

## Day 11

### All In...Overcoming Intimidation

Feeling intimidated means experiencing a sense of fear, unease, or insecurity in the presence of someone or something that is perceived as more powerful, influential, or threatening. It is a response to a perceived threat or a feeling of being overwhelmed by someone or something that is seen as superior or dominant.

When a person feels intimidated, they may also have negative thoughts and emotions, such as feeling inferior, inadequate, or powerless. Feeling intimidated can impact a person's behavior, causing them to withdraw, avoid certain situations, or act submissive.

Why might we feel intimidated?

1. Power dynamics: When we PERCEIVE another person as having more power, authority, or influence, we may feel intimidated by them. This can occur in professional settings and religious settings, social situations, and within personal relationships.
2. Lack of confidence: Individuals who have low self-esteem or lack confidence in their abilities may feel intimidated by others who they PERCEIVE as more competent or successful.
3. Fear of judgment or rejection: The fear of being judged or rejected by others can lead to feelings of intimidation. This FEAR may stem from a person's desire to fit in, be accepted, or avoid criticism.
4. Past experiences: Previous negative experiences, such as bullying or abuse, can make a person more prone to feeling intimidated in future situations. These experiences can create a sense of vulnerability and FEAR.
5. Social comparison: Comparing oneself to others and feeling inadequate or inferior can contribute to feelings of intimidation. This can occur when someone believes they don't measure up to certain standards or achievements set by others.

Intimidation can be both real and perceived, meaning that it may be based on actual threats or simply a person's perception of a situation.

If it is based on actual threats, distance yourself from that person and involve a third party that can help. At the other end of the spectrum is perceived intimidation. Noted above in all caps is the word 'perceive.' Perceiving is the way that you recognize, discern, or understand something. Though perception is often influenced greatly by our experiences, there is also a possibility that it is just a figment of our imagination; made up in our heads without concrete evidence!

Another word in all caps above is FEAR. The origin of the word intimidation ties in with FEAR. Intimidation comes from Medieval Latin intimidatus, past participle of intimidare “to make afraid.” This is equivalent to Latin “in” (prefix) + timid “afraid” + ate (suffix). At the root of intimidation is fear! And we know that GOD HAS NOT GIVEN US THE SPIRIT OF FEAR!

### **Spiritual Applications**

Pray, Declare and Believe: (Please read in both the NKJV and NLT translations)

Psalm 27:1

Psalm 56:11

Psalm 118:6

Proverbs 29:25

Luke 17:21

Galatians 6:4

Ephesians 1:18-20

Philippians 4:13

2 Timothy 1:7

Hebrews 13:6

1 John 4:4

Let's Go ALL IN...Overcoming Intimidation!

### **Practical Applications**

1. Identify the source. Start by identifying what or who is causing you to feel intimidated. Is it a specific person, a particular situation, or a general fear? Understanding the source of your intimidation can help you address it more effectively.

Power Dynamics-

Challenge your thoughts. Examine the thoughts and beliefs that contribute to your feelings of intimidation. Are they based on reality or are they distorted perceptions? Challenge negative thoughts and replace them with more positive and realistic ones. Remind yourself of your own strengths and capabilities.

Lack of confidence-

Build self-confidence. Work on building your self-confidence by focusing on your achievements, skills, and positive qualities. Engage in activities that make you feel competent and successful. Surround yourself with supportive and encouraging people who believe in you.

Fear of judgment or rejection-

Prepare and practice. If you feel intimidated in specific situations, such as public speaking or social events, prepare and practice beforehand. Rehearse what you want to say or do, and visualize yourself succeeding. The more prepared you are, the more confident you will feel.

#### Past experiences-

Take small steps. Overcoming intimidation is a gradual process. Start by taking small steps outside of your comfort zone. Gradually expose yourself to situations that make you feel intimidated, and celebrate your successes along the way. Each small step forward will help build your confidence.

#### Social comparison scenario-

Focus on personal growth. Instead of comparing yourself to others, focus on your own personal growth and progress. Set realistic goals and work towards them. Celebrate your achievements, no matter how small they may seem.

2. Practice assertiveness. Develop assertiveness skills to express your thoughts, needs, and boundaries confidently. Learning to assert yourself can help you feel more empowered and less intimidated in various situations.

3. Seek support. Reach out to supportive friends, family members, or mentors who can provide guidance and encouragement. Sometimes, talking about your feelings of intimidation with someone you trust can help you gain a new perspective and find solutions.