

# FOPO



# WHY DO PEOPLE FEAR?



<https://www.facebook.com/gary/videos/other-peoples-opinions-are-destroying-so-many-of-us-and-often-its-the-people-clo/139855365836403/>

[https://www.youtube.com/watch?v=X\\_J0zLpM-ag](https://www.youtube.com/watch?v=X_J0zLpM-ag)



**WHAT DO PEOPLE  
THINK ABOUT YOU?**

**ALLODOXAPHOBIA - THE FEAR OF OTHER PEOPLE'S OPINION**

# FOPO

In *The First Rule of Mastery*, Michael Gervais shows us that the key to leading a high-performance life is to redirect our attention from the world outside us to the world inside us.

He reveals the mental skills and practices we need to overcome FOPO--the same skills he's taught to the top performers in the world, including sports MVPs, world-renowned artists and musicians, and Fortune 100 leaders and teams.

Filled with fascinating stories from the worlds of sports and business, leading-edge science, and insights from the frontier of human performance, *The First Rule of Mastery* is a much-needed wake-up call that when we give more value to other people's opinions than we do our own, we live life on their terms, not ours.

**High-performance psychologist Michael Gervais presents a groundbreaking guide for overcoming what may be the single greatest constrictor of human potential: our fear of people's opinions (FOPO).**

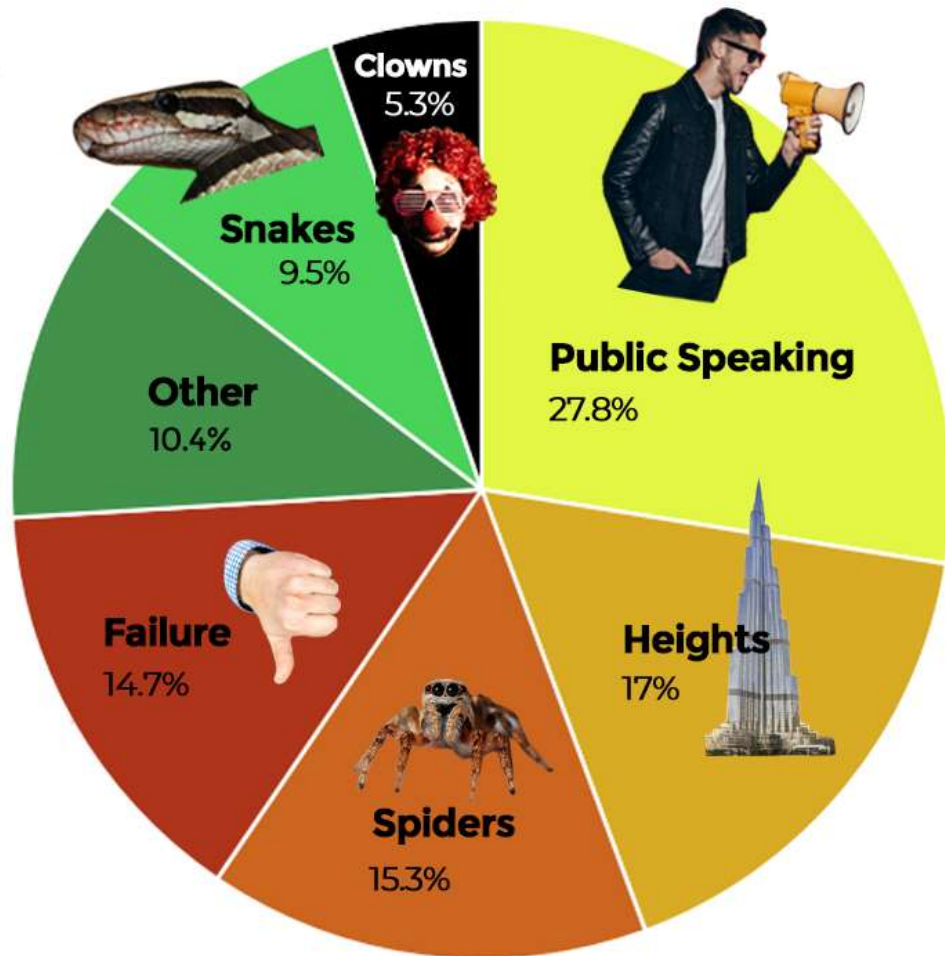
# FOPO

FOPO shows up almost everywhere in our lives—and the consequences are great. When we let FOPO take control, we play it safe and small because we're afraid of what will happen on the other side of critique. When challenged, we surrender our viewpoint. We trade in authenticity for approval.

But it doesn't have to be this way.

# YOUR TOP FEARS







**Sweating**

Due to increased energy output



**Dilated Pupils**

To increase visual range and detect threat



**Increased Heart & Breathing Rate**

To increase blood flow to muscles

**Tensed and Swollen Muscles**

To increase physical performance




# The Fear of Other People's Opinions

- When it comes to the fear of people's opinions a good way to avoid this all together is to keep our dreams and desires to ourselves.
- We must remember that our dreams are our dreams.
- If God wanted someone else to have the same dreams as ours, he would have placed it in their heart as well.
- There is no reason that we should allow ourselves to be disobedient to God in order to please the needs of someone else.

# Fear of Other's Opinions contd.

- In many cases, the people who we would hope would be our biggest supporters are our biggest critics.
- They are often people who mean well, but have never dreamed, or accomplished much in life and would rather criticize and discourage those who are taking action.
- Our dream is too big for their box.
- It is critical to filter these individuals out and remain focused on our dreams and goals.



## Negative effects of the fear of people:

- 1) Mental and emotional torture by fearful thoughts and images
- 2) Tendency to pleasing and obeying people rather than God
- 3) Prevention from stepping into the fullest potential
- 4) Suppression of creativity
- 5) hindrance to creating healthy relationships



“ **The greatest fear in the world**

**is of the opinions of others.**

And the moment you are unafraid of the crowd you are no longer a sheep, you become a lion. A great roar arises in your heart, the roar of freedom.

**Osho**

<https://www.youtube.com/watch?v=2jRIq6ybxh8>



