



# THE FREEDOM GUIDE

7 Ways To Come Out Of  
Fear And Shame

Jane van Zundert



This guide and its content are property of Jane van Zundert. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical method without prior written permission from Jane van Zundert.

This guide and its materials are not intended for use as a source of legal, financial, professional, physical health, or medical advice. As with any business or experience, your results may vary, and will be based on your individual capacity, expertise, and effort. There are no guarantees concerning the results and success you may experience.

For questions contact:  
Jane van Zundert  
E-mail: [jane@janeliberated.com](mailto:jane@janeliberated.com)  
Website: [www.janeliberated.com](http://www.janeliberated.com)



# HI, I AM JANE VAN ZUNDERT

CREATOR OF JANE LIBERATED AND WOMEN OF DESTINY



I have created this Freedom Guide to help people come out of fear and shame, because I know what it feels like to live in fear and shame. The stress and the worry are not comfortable.

I must say, I didn't do it on my own, but by using the Word of God as a source of hope and strength. This helped me to get through those hard and humiliating seasons of life.

No matter what shame and fear or even humiliation you have been through, I want to motivate and encourage you that God loves you; God is ever ready to carry you through those hard times and to comfort you. These 7 steps are practical and spiritual steps that can help you come out of that shame and fear. There is no order in using them, because you can follow them in your own way; they will help you to see hope and light through Christ Jesus.

If you don't know where to start I recommend reading my article ["Recognize Fear And Move On"](#) here first.

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand" - Isaiah 41:10

"There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love. We love because he first loved us." - 1 John 19-4:18

# INTRODUCTION

## What Is Fear?

“No man wants to settle with me, I always attract the wrong person, I am not beautiful, I don’t want any man in my life, I hate myself, etc.” You need to be careful with words, because what comes out of your mouth can be established and start working against you.

“Do not let any unwholesome talk come out of your mouths, but only what helps build others up according to their needs, that it may benefit those who listen” - Ephesians 4:29.

“From the fruit of their mouth, a person’s stomach is filled; with the harvest of their lips, they are satisfied. The tongue has the power of life and death and those who love it will eat its fruit” - Proverbs 21-18:20.

We must understand that life’s problems are like washing machines. When the washing machine is set in motion, it will twist, spin, knock us around, but in the end, we come out cleaner, wiser, brighter and smarter than before. So we must be ready to run with the lessons we learn from our life experiences. Continue reading to get 7 Tips On How to Come Out of Fear And Shame.

# #TIP 1

## Purge Your Old Self Out

Taking the time to know yourself and to find out who you are created to be is the best place to start. It means that you need to purge your old self out by first traveling back inside you to know how and why certain things happened. Learn to accept where you are, because that will help you move forward in life. You have to be real with yourself by rewinding into past hurts. At first, this might be difficult, but that is where the healing will start.

Going back to the past will allow you to deal with whatever is hurting you and to identify whatever causes you to be ashamed and afraid of the present.

If possible, you can also go for counseling by talking to people. Most people are scared to ask for help. Know that there is nothing wrong with it. The book of Proverbs 11:14 says, "Where no counsel is, the people fall: but in the multitude of counselors, there is safety." You should feel free to speak to someone who has the expertise and patience in dealing with whatever you are passing through. Remember that a problem shared is a problem halved.

Do you feel like you are passing through a tough time and don't know where to start? That is why there are people who God has set before you to help you in a difficult season. The person may be your pastor, prayer partner or a good friend who can listen to you and give you a helping hand. You don't have to wallow in sadness. You are not here by chance and since you are reading this Freedom Guide, it's my way of reaching out to you as a lifeguard, coach, evangelist and motivational speaker to uplift and inspire you. Please never be afraid or ashamed to seek and ask for help. If you want additional help, you can join [my Private Facebook Group](#).

# #TIP 2

## Be Clear With Your Vision

To be able to come out of shame and fear you need to be clear about what you want. **Have a super clear vision because it will help you get focused.**

I have seen lots of women, after a breakup or a divorce, fall apart. They are confused and don't know how to come out of that deep humiliation. They become afraid of the present and even scared to plan for the future.

To be able to come out of that shame and fear you need a clear vision by taking time to meditate, spending some quality quiet time alone, and allowing your vision to come to light. Some people use a vision board as it holds them accountable. This can be helpful. The book of Habakkuk 2:2 counsels us to *"Write the vision, and make it plain upon tables, that he may run that readeth it."*

Also, the book of Romans 12:2 says, *"Do not be conformed to this world but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."*

Finding your vision after a fall is a very important step in overcoming shame and fear.

# #TIP 3

## Check Your Circle Of Friends

The kind of friends or the circle you keep has a major impact on your life and emotions and it will affect how you will handle shame and fear. Trust me on this because I am very well experienced in this aspect.

1 Corinthians says, “Don’t no be deceived, ‘bad company ruins good morals.’” During my dark seasons, I used to hang out with “friends”; we went clubbing and drinking. There was no positive impact from them; all they did was add more negative emotions to my pain.

At one point, I became more frustrated and depressed. Some people whom I called my friends went behind my back and gossiped about me; they mocked me and called me all kinds of names. When I am in their presence, they pretend to be a helping hand. So trust me when I say that checking your circle of friends and dropping every negative influence is an effective way to get rid of shame and fear.

Most times people are afraid to let go of negative friends even when they know. Anybody who is not contributing to your success doesn’t need to be around you.

Nowadays I take control of myself and my thoughts by the power of God. I have friends but only those who are helpful and positively impactful; and when I am alone I find joy in listening to uplifting gospel songs, reading books to gain more knowledge, spending quality time with my children and husband. I dedicate my time to my hubby instead of hanging around negative friends. This has helped me to come out of shame and fear and to begin to live the life that I deserve.

“One who is righteous is a guide to his neighbor, but the way of the wicked leads them astray” - Proverbs 12:26.

# #TIP 4

## Make That Decision

To become free from fear and shame, it is very important to take a look at your past or, rather, that past situation. Identify what triggers your fear, and be honest with yourself. You need to securely admit that you are scared to make a move or take that decision in life.

After that, ask yourself: where do I want to go and what do I want to achieve in life? Who do I want to be with? Dare to dream big and take good care of yourself. Take yourself out for shopping. Buy things for yourself. Go on a vacation and if you cannot afford to travel go to places in your local community. Never succumb to depression because someone left or rejected you. You have the power to get over that shame and fear so that you can begin to enjoy your freedom.

When I was abandoned three times with pregnancies, I thought it was all my fault and I allowed my shame and fear to take over me. I was very depressed and scared to start again, but by the grace and power of God I was able to find my way back to life. I am here to help you do the same.

God has created this world and put people in it to help us overcome so many things. Seek help when it seems overwhelming.

# #TIP 5

## Get Rid Of Every Stress And Anxiety

Anxiety is a vibration in the body and is very destructive to your health. To be able to overcome it, there is a need to begin to study yourself. You need to know what triggers your anxieties and what causes you to be afraid.

As humans, we have the power to create our world. When God made you, God gave you everything to succeed and that includes your mind. So, to be able to overcome shame and fear, which sometimes leads to stress and anxiety, you need to develop a free mindset – one that is free from fear, because you have the power to create the life and happiness you want.

Lots of people take different kinds of drugs, not because they need them, but because they are not able to discover themselves and to know what triggers the spirit of anxiety. So, to be able to create a healthy lifestyle, your paradigms need to change. **A paradigm is what makes us operate in a given way; but, until we change our paradigms nothing will change in our lives.**

What causes anxiety is ignorance of something that leads to doubt and worry, which is fear. Most people try to suppress anxiety by trying to ignore it and that is what leads to depression. If you are not careful it will develop into a disease and start spreading all over your mind and body. When you take a good look at people today, you will notice that it is because of ignorance that lots of people fall into anxiety.

To overcome this problem, you need knowledge. Lots of people don't go for understanding these days; instead people want a quick fix. Anyone who takes time to study will acquire an understanding of what triggers their bad mood.

When knowledge is acquired, you will need the understanding of your mind, and you can begin to monitor whatever comes into your mind. Faith is the basis of all knowledge.

**To be able to overcome fear and shame, you must work on your mindset and learn to evacuate negativity from your mind.** You need to trust YOU, know YOU and believe in YOU, because that will make you confident. It is only when you know who you are that you can bring out every manifestation of God's gift in you. Once you have done this you will be able to express a genuine love towards others.

**In conclusion, fear manifests in anxiety but faith in Christ gives you peace of mind. You will become whatever you think or allow into your mind.**

# #TIP 6

## Connect The Dots

To be able to overcome that fear and shame, you will need to look back and connect every dot, that is, everything that has led to that humiliation, rejection and fear.

Take the time to find and connect the dots and you will be amazed by how strong you can be. Being able to do that will help you mold yourself into the best person you can ever be. I hear people say it is very difficult to travel back into the past, they say it is safer to forget about the past and continue in the present. That may be good, but being able to go back to reflect and connect every dot is what propels you towards a better present and a secure future.

When I was in that dark season of my life, I went to bed with tears. Lots of questions popped up and there were no answers. Although I was frustrated, the one thing that got me going was the promises of God for me. Deuteronomy 31:6 says, "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you."

So, tell yourself the truth, learn to look at the mirror because there is magic that takes place when you see yourself in the mirror. Learn to affirm yourself with positive words. Remember to declare this Psalm 139:14: "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

## #TIP 7

# Positive Affirmations To Constantly Proclaim Over Your Life

These are affirmations you can proclaim over your life daily:

I have dominion over my life and everything around me.

I live in a universe of abundance.

I will only attract positive things into my life.

My heart is open to receive my portion of blessing from the Maker of the Universe.

I am rich, healthy and fulfilled.

Serving others is my goal and I will be rewarded for my good deeds.

I claim satisfaction with my financial status.

I am rich and have enough for me and my family.

I will enjoy every moment of my life.

Financial prosperity is my right.

I will not struggle for success – all I need to do is tap into the source with my determination.

Easily and with less struggle success is coming my way.

I am liberated.

I am ever-ready to accept all the benefits of life.

God is my ever-present help in times of trouble.

Recite these affirmations every day, and make it your daily routine to do so. Everything that you said to yourself through these affirmations will begin to manifest in your life.

Remember that Matthew 7:7 says, “Ask and it will be given to you, seek and you will find, knock and the door will be opened to you. For everyone who asks receives, the one that seeks finds and for the one that knocks the door will be opened.”

“You must not force yourself on people who have no insight into your plans and are not ready to listen to your plans. Rather look for those who believe in your dreams and engage with them” - Jane van Zundert.

# QUOTES AND SCRIPTURES

## Here are some Helpful Quotes and Scriptures

“As I live in God, my love grows more perfect. I can face Him with confidence on the day of judgment because I live like Jesus here in this world” -1 John 4:17 NLT

“I receive an abundance of grace and the gift of righteousness. I reign in life through Jesus Christ” -Romans 5:17

“I let the peace of Christ rule in my heart. As a member of one body, I am called to peace and I am thankful” - Colossians 3:15 NIV

“I prosper in all things. I remain in health just as my soul prospers” - 3 John 1:3

“God abundantly blesses my provision” - Psalm 132:15

# NOTES



## DO YOU HAVE QUESTIONS?

FEEL FREE TO SEND ME A MESSAGE ON  
INSTAGRAM OR FACEBOOK

If you have any questions about the guide, please feel free to send me a message through [Facebook](#) or [Instagram](#). I will try my best to reply back to you! If you can't reach me through these platforms, you can send me an email to [jane@janeliberated.com](mailto:jane@janeliberated.com)



## **DO YOU WANT MORE HELP?**

### **JOIN MY FACEBOOK GROUP CALLED “THE WOMEN OF DESTINY”**

Women of Destiny is a private group created to help women see beyond, their limit, irrespective of their background, and status.

The group is created to help women move past fear, self-sabotage and self-limiting beliefs.

This group is created to help women grow, in their personal development, by changing their mindset. Thereby getting the tools needed to achieve their aim in life, and become that woman of destiny.

I will be sharing my personal life experiences and lessons that will help you become who God ordained you to be.

I will share with you the tools and resources, you need, to help you achieve your goal in life.

I will urge you to come into this group with a positive mind-set and together we will succeed in our purpose and destiny.

Getting to know each other FIRST is the BEST way to start building a relationship. I am looking forward to getting to know you!

[CLICK HERE TO JOIN](#)