

Speaker 1: Welcome to the Extra Mile Podcast for bar exam takers. There are no traffic jams along the Extra Mile when you're studying for your bar exam, and now your host Jackson Mumey, owner of the Celebration Bar Review.

Jackson Mumey: Well hey everyone and welcome to Celebration Bar Review and to our podcast, the Extra Mile Podcast for bar exam takers. This is your host Jackson Mumey and welcome to Episode 40 which is kind of a milestone. I mean 20 weeks we've been doing this, 2 episodes a week. I'm having a blast and from the reaction and responses I'm getting from many of you I think it's really been something of value to you.

I want to appreciate and say thank you to all who have been subscribing, and listening and downloading these podcasts. If you're not yet a subscriber, you can do that by going to iTunes or by going to our website [celebrationbarreview.com](http://celebrationbarreview.com), click on the word podcasts at the top of the page and you'll be taken into a page with all of our past 40 episodes along with the show notes and you can subscribe from there.

We're glad to have you with us today. In today's episode, we're going to be continuing our series of discussions around shifts in the bar exam and I've got to say that very carefully when I say it, s-h-i-f-t-s. There's a lot of other stuff in the bar exam, but we're talking about shifts today.

Today's shift is focused on how you overcome fear. For some of you, fear of the bar exam, fear of the result, fear of even the practice of law is a huge, huge item. I had a conversation with someone earlier this week who was going to sign up and take the course and got into the course, and in the first 24 hours just went crazy with nitpicky, crazy just over the top problems. To her credit, after 24 hours she wrote back and said, "You know it's not you, and it's not the course. It's me. I'm afraid of what will happen if I pass the bar and my life is going to change and maybe in ways I don't want it to and what that teaches me that I don't really want to take the bar exam."

I think that that's an interesting insight because there are a whole lot of fears that people bring to this process. Sometimes like this individual it was a fear of what the outcome would be in a positive way, but for most people I think it's a fear of failure. It's a fear of getting into the test and not being successful on it and what does that say about you as an individual? What does it mean for your future and your career and so on?

We're going to look today at this topic of overcoming fear. I call it petting the tiger. Now that's not my own original thought. That comes from Peter Arnell in his book "Shifts". He talks about how children fearlessly pet the tiger at the zoo, but of course the adults are terrified and say, "Oh no. You don't want to do that at all." We're going to try and bring that into the context of the bar exam and show you how you can pet the tiger and I think you're going to find it a really useful and helpful discussion.

I also want to let you know that this Thursday I will be doing a free live master class on how to make the next bar exam your last bar exam. Now this master class will take off at 3:00 pm. Eastern time on Thursday, so that's 12 noon Pacific, and it's totally free but you do need to register for a seat because we try and keep the size of the class small enough to provide for interaction.

You can register in one of two ways. You can text us the phrase, "NEXTBAREXAM" to 33444. That's NEXTBAREXAM. Text that to 33444 or you can register from our website at [celebrationbarreview.com/webinar](http://celebrationbarreview.com/webinar). That's [celebrationbarreview.com/webinar](http://celebrationbarreview.com/webinar). Now during this free live master class I'll be talking about the 4 steps that a passing bar taker has to incorporate in order to get to that result. This is teaching that we've developed over the years.

It's been very well received by the people who've been through the class and I invite you to join us and find out how you can make the next bar exam your last bar exam. If there's fear involved in that process of taking the bar, well I think it really will dovetail nicely with today's message.

With no further introduction let's just go ahead and dive right in and one other, well actually one other note before we dive in is that in today's message I'm going to be referencing a program that we offer called STAR, Successful Test Application Resources. We'll link the show next to our STAR materials and page. It's a terrific program with really outstanding results for the participants. It's a series of additional resources that we bring in addition to the study of the bar for people who are really struggling with their test and maybe test anxiety, and getting the results that they want, so invite you to check that out as well.

Now having said all that, let's jump into our discussion today about overcoming fear on the bar exam.

Hi, and welcome to Celebration Bar Review. We are in the midst of a video series that I've entitled Shifts. It's built on the work of Peter Arnell who is a terrific author, a great branding genius and guru. He's talking in this book a great deal about the kinds of shifts that companies and individuals need to make to be successful in their work and in their life. I think it's got a tremendous application for the bar exam. I've been using some of his ideas to help propel some thinking about the kinds of shifts that need to be made for you to be successful as you get ready for your test.

Today I want to talk about a big one. He calls it overcoming fear and I think that that's probably one of the huge shifts that any bar taker has to get through. There's a fear of the exam. Certainly for those who failed the exam previously, there's a fear of failure. There can be all kinds of fears wrapped up in this. The fear of authority. The fear of judgment. The fear of writing. The fear of standardized test taking, whatever it might be.

What Arnell talks about in talking about fear is to say that people, to begin with, he says, "People see us in lots of different ways, but each of us" he says "is scared much of the time." I think he's right. He says, "When we're scared, when we're afraid, we refuse to do anything that would expose ourselves or show our weaknesses. We don't want to be vulnerable so we hide out. We tuck ourselves in our shells. We keep our different personalities or skills under wraps."

I see that with bar takers a lot, particularly those who have taken and not been successful. This is the time of year when I tend to hear from people who may have taken the exam in a jurisdiction multiple times in years past. Sometimes 10, 15, 20 years ago and they've literally become so traumatized by the experience that they've hidden it away and now they're coming out from under wraps. They deserve kudos and if you're one of those people that's in that situation, feel good about that. That's a big thing that you've done.

What happens is, that for many of us and Arnell says, "The unarticulated, or the unimagined is easier to live with." I think that that is absolutely the case. For most people it's that unarticulated fear or unimagined fear of what would happen with the bar that we become sort of complacent or able to live with until we realize that we have to go and pass the exam and get through it.

The problem is once you've made that decision, you need to shift your attitude because silence is no longer as a virtuous sort of thing. Indeed, I think what happens is that you now need to be intoxicated with the process. You need to be excited and enthusiastic. When you give yourself the right to unlock that kind of emotional truth as Arnell calls it, what happens is that you get what he describes as the pet the tiger experience.

Now let me explain. He says that if you go to the zoo and you see the tiger in the cage, as an adult you know that it's a dangerous, scary animal but it's also beautiful, but if you look at a small child, the small child will go right up to the cage and in fact unless Mom or Dad or somebody else doesn't grab their hand they are likely to try and reach their hand right through the cage to pet the tiger.

Why? Well it's because kids are fearless. I mean they don't know that the tiger is able to devour them in a single bite and so they don't understand what's going to happen; in the same way that that same child will run full blast down the zoo path and trip and fall and bounce and roll up and get over and do it again.

What happens is that when we're childlike, we see that tiger and the childlike part of us wants to reach out and grab it, but the adult in us says, "Oh no. That's going to be dangerous. That's scary." Now here's the connection to the bar exam. As an adult we look at the bar exam and we say, "Oh that brings back bad memories", or "It brings back bad experiences", or "Something bad happened to me", or "I'm not good at test taking", or "I'm being judged by someone", or whatever it might be and it scares the living you know what out of most of us.

Yet, inside of us there's a child that's not afraid of that, who says, "You know what? I'm not going to put limits there. I can do anything. I can be anything. I can pass a test. That's not a big deal." The child in us simply wants to pet the tiger, who wants to reach out, stroke that nice fur. The child in us wants to be successful in a test like the bar exam.

What happens is that for a lot of people fear will limit their behavior. It will wear them down. When I talk to people who are considering going back and taking the bar exam at this point, I get a real cautiousness. In fact, I almost get a sense of distrust or mistrust. Anything connected with the bar exam is distrustful. One of the biggest challenges I have in the first day or 2 or 3, is to overcome that sense of distrust, that adult that says, "You must be trying to fake me out somehow."

You know the reason I try to get past that is if I can get to the child, if I can get to the inner part, then I've got a chance of what I would call the collaboration. Arnell talks about collaboration. He says that's the power of we, and life is a collaboration and a big high stakes test is absolutely a collaboration. It's the sort of thing that requires mentoring and assistance, and training, and coaching, and teaching.

You can't do that if someone's pushing you off, if they're holding you at arm's length distance. One of the shifts that you'll have to go through in order to take and be successful on this exam is to shift that sense of fear and set it aside. Now this doesn't mean you pretend that there's nothing to be afraid of. You can clearly acknowledge that the tiger is scary, but you can also admire its beauty.

In the same way you can acknowledge that the bar exam is difficult and challenging. You may even need to acknowledge that you've not been successful in the past, but that doesn't mean that it's always going to be that way. It doesn't mean that you need to take that approach and to be afraid of it.

Instead I think what it means is that you shift the approach to the exam. If you studied in a big box Bar Review for 6 weeks, watching a professor read a lecture from 20 years ago and you got no response and no feedback on your work and no one to help you except your neurotic seatmates, gee are you surprised you didn't pass?

Statistically the odds say you wouldn't so you need to do something differently. If you're afraid of the idea of standardized test taking, maybe you need to look at how you study for the exam. You try to cram and memorize instead of learning over a longer period of time, building on what you learn.

There are a lot of shifts that we use in this course. We shift your emotions. We shift your study approach. We shift your reading style even with things like our STAR program that utilize photo reading and meditation. We try to do as much as we can to shift the paradigm, to shift the frame so that you've got the ability

to look at the test more objectively, more clearly, more rationally, and then to be successful at it.

There's a lot more I could say about fear. In the course we do a test anxiety workshop and it's probably a big part of that part of the course and where I get a great response. I had someone that went through that course and had that feeling of fear and anxiety. They wrote to me just the other day having completed the exam and they said, "You know I loved everything about this course. I loved the fact that you're there and you're giving that kind of guidance and support."

You know all we're really trying to do is to create a collaboration with our students, to help get them to their goals. If you can trust that that's going to happen and if you can trust that we know how to do it, then I think you're well on the way towards a major shift in your thinking and a shift that will help you pass the bar.

As you think about this, if you've got questions or you'd like to talk with me, I invite you to give me a call. The icon's on our web pages or send me an email, [jackson@celebrationbarreview.com](mailto:jackson@celebrationbarreview.com). As always I look forward to hearing from you and I'll be back again shortly with another shift that I'd like you to consider as you prepare for your bar exam. Thanks for watching.

Well that wraps up today's episode. Thanks so much for listening. If you'd like to be part of our Extra Mile for bar exam takers private Facebook group, just check the show notes. You'll find a link in which you can request an invitation and we'll see you along the Extra Mile.

Speaker 1:

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