

FEAR AND ANXIETY (POSTED ON THE 01 SEPT 2021)



Acronym for Fear

Face Everything And Rise

False Evidence Appearing Real

Forget Everything And Run

Do not let fear or anxiety become more of a reality in your life than what God is.

Fear or anxiety will overpower what God wants to do in your life.

THIS IS AN EXAMPLE OF FEAR

Copy and Paste in your Browser

<https://www.youtube.com/watch?v=OPdbdjctx2I>

What is the Difference between Fear and Anxiety?

We can say that we have a fear of something (like a roller coaster or flying or ageing) and we can be anxious about something (like a roller coaster or flying or ageing). Sometimes we distinguish the two by our bodily experience and that is when fear becomes different to anxiety.

The sudden re-arrangement of your insides when an intruder holds a knife to your back (fear), is different from the mild nausea, dizziness, and butterflies in your stomach as you're about to make a difficult phone call (anxiety).

Anxiety is often described as something like a chronic sense of worry or tension and the sources of which (the anxiety) are often unclear. You can have a short-lived fear response to the bee buzzing around your face, and you can wake up at three in the morning awash in anxiety that won't let you get back to sleep.



An Example of Anxiety

Please copy and paste into your browser

https://www.youtube.com/watch?v=XO-abUHL_Ws

- *Life is filled with peaks and valleys*
- *Everyone needs help at some time in their lives*

Some questions for you to think about

What unhealthy fears do you have?

How do your fears limit or hinder you from living your life to the full?

How often do your biggest worries and fears come true?

Are you afraid of being your true self around others?

If your biggest fears came true, would it matter in five years from now?

Are you afraid to speak your own opinion?

The Causes of Fear

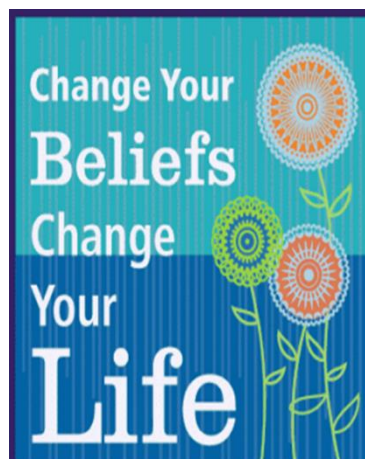
Fears can come in response to a variety of situations. Different people are afraid of failure, they are afraid of the future, they are afraid of success, they are afraid of intimacy of conflict etc. etc. Sometimes these fears will build up to extreme anxiety often in the absence of any real danger.

The Causes of Anxiety

Anxiety can be caused by many factors, it can be the result of internal conflict, that is conflict within yourself, it can be learnt behaviour, it can come from childhood conflicts, it can come from present day situations, it can come from fears of being inferior – poverty, poor health, low self-esteem.

Fear as well as Anxiety can come from False Beliefs we have about ourselves

A false belief is a belief about yourself or something else that is untrue. It may be something that you have believed your whole life. There are times when false beliefs must change because they will step in your way and become a roadblock on your way to achieving what you would like to achieve.



False Beliefs

It is essential that I am loved by everyone around me and in my community

Unfortunately, you will come across people in your life that do not like you. We cannot let these people impact us negatively. We must learn how to become a bit tougher and not so sensitive. Good self-esteem is going to help you overcome the fear of people not liking you. Surround yourself with people who will tell you the truth about yourself out of love for you, not anything else.

I must be perfectly competent, adequate, and achieving to consider myself worthwhile

Nobody is perfect, we all have our faults and our strengths and weaknesses. We must fail sometimes for us to learn. Failing does not mean we are defective or inadequate. Usually, the need to be perfect stems from something deeper and if you struggle with perfectionism, you should see someone that can help you see things differently.



It is a terrible catastrophe if things are not as I want them to be

At times things do not work out for us, so the obvious thing would be to try and change our perspective or direct ourselves in a different way. Try something else. A lot of fear and anxiety comes from drama (catastrophe's) If we can learn to see that its not the end of the world and pick ourselves up and dust ourselves off and move forward, we would feel a lot less under pressure.

Unhappiness is caused by outside circumstances, and I have no control over it

It so easy to want to blame outside circumstances for the things that go wrong for us. We do have control over ourselves in tough situations and sometimes we are the only ones that can change our circumstances by the way we look at them or by changing ourselves. We must be able to set boundaries and limits.



Dangerous or fearsome things are causes for great concern and I must continuously dwell upon their possibility

No! Please try and take one day at a time. Dwelling on things that **may** happen, or overthinking is going to lead to sleepless nights. Unnecessary fear of **WHAT MAY HAPPEN** is going to disturb your peace. Worry does not help anyone.

It is easier to avoid certain difficulties and self - responsibilities than to face them

When you start to avoid real issues, you are going to face problems. Avoiding problems means that you are very much in denial. The issues are not going to go away until you deal with them properly. The best thing to do is to sort the problems out and free your mind at the same time. Anxiety can often result from avoidance and procrastination. In your head know you must do something, you don't and then you stress or over think about it.



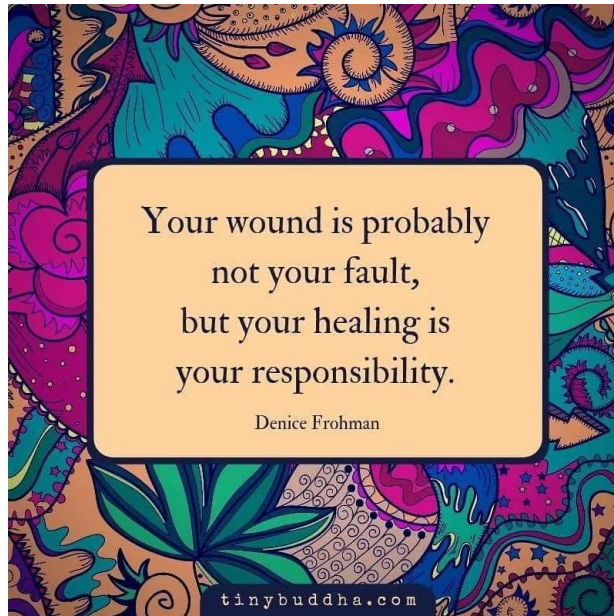
I should be dependent on others, and I must have someone stronger on whom I can rely on

Realise that you have potential, if you are unable to realise that you can do things by yourself then please see a life coach or someone that can assist you in recognising your strengths. Remember that EVERYONE has a set of strengths and weaknesses, develop your strengths and work on your weaknesses. This is done by yourself; you cannot rely on others to fix things for you.



My past experiences are the determiners of my present behaviour. I cannot eradicate or alter the influence of my past

You cannot change the past; you cannot go back in time and undo anything that you may have done wrong. You can however make peace with the fact that everyone makes mistakes and that there is a lesson to be learnt from it. Repeating past mistakes is a decision that you are making. No matter how bad your past experiences may be, make a decision to repair the damage, heal yourself (because it is your responsibility) and try your very best to move on.

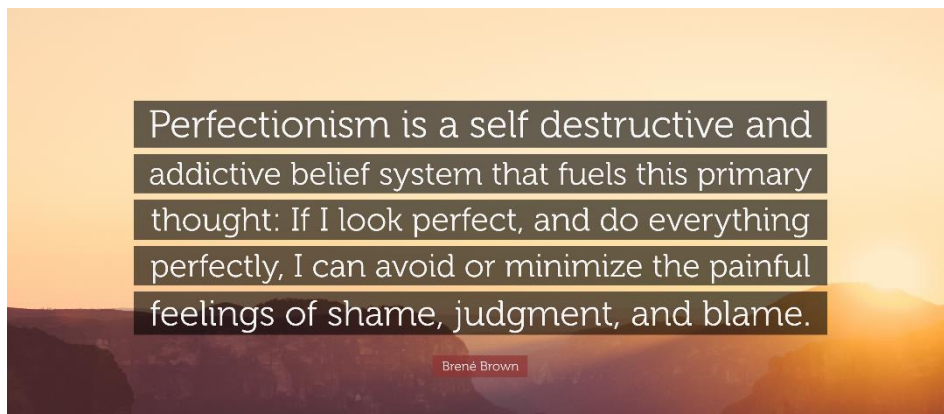


I should be quite upset over other people's problems and disturbances

Take a step back and see, does this person have the ability to manage this problem by him / herself? **Set boundaries.** You are not responsible to take on other's problems. It's quite simple if you live by the following rule, you are responsible to someone you are not responsible for them. Don't be thrown about all over the place by the tantrums and problems of others. If they have the capability to solve their problems for themselves, then you don't have to get involved.

There is always a right and perfect solution to every problem, and I must always find it or else the result will be catastrophic

We all make mistakes, none of us are ever perfect and we never will be. Failure is often necessary for us to learn valuable lessons in life. If we don't succeed, we must try again. Giving up should not be an option. Accept as soon as you possibly can that things can go wrong. The sooner you accept this, the sooner you will be able to manage.



MOVING FORWARD – HOW TO COPE

Acknowledge your fear

There is nothing wrong with realistically acknowledging and trying to deal with identifiable problems in your life. To ignore danger is foolish and wrong. But it is also wrong as well as unhealthy to be immobilized by excess worry – such fear and anxiety must be committed to God in prayer who can release us and free us. Ask God to help bring the apprehension to the surface of your consciousness. Once you identify your fear, you can talk about it.

Journal, Journal, Journal! There is power in writing things down, because when you write things down, you are not going to lie to yourself, writing things down proves that these things happened. Journaling should help you to process things **for yourself** and it should also help you to release some of the fear and anxiety that you have been keeping inside of you.

Also, don't deny that you feel fear or think that you are too "mature" to be afraid. We never get to the point that we completely overcome the natural fear because **natural fear helps in our protection.**

Determine the root fear

Sometimes other emotions are linked to fear:

- **Greed:** Fear of not having enough
- **Rejection:** Fear of not being accepted
- **Guilt:** Fear of being found out
- **Lack of confidence:** Fear of failure
- **Anger:** Fear of losing control or esteem, or of not getting your own way
- **Jealousy:** Fear of not having what you believe is rightfully yours
- **Indecisiveness:** Fear of criticism or of making a wrong decision

Go to God's Word. The Bible has dozens of "fear not" verses. I especially like Isaiah 41:10:

Do not fear, for I am with you.

Do not anxiously look about you, for I am your God

I will strengthen you; surely, I will help you,

I will uphold you with my righteous right hand.

Take a positive step.

If we learn from Jesus, He often asked those He delivered or healed to take positive action as part of their healing. A paralyzed man was told to pick up his pallet and leave the pool of Bethesda (John 5:8). A blind man was told to go wash in the pool of Siloam (John 9:7).

Take action and do something that gives God a chance to reveal to you that **He is greater than the fear you are feeling**. At times you need to **confront** a frightening situation in a very direct and practical way. You take responsibility to do the human part and God will do the divine.

Make a decision.

Decide to believe and rely on God **more than your emotions**. You may not get to the place of complete trust immediately. The growth of faith takes time and testing to see that the Lord is faithful in crisis after crisis. When fear strikes, start saying to Him, "God, you are in control of my life—not just some of the time, but always." Never allow your emotions to control you. Seek emotional maturity in your life, it's the best gift you can give yourself. Choose to believe in God, who not only loves you and cares for you, but is always available to you. Learn to trust and not doubt.

WORK OUT OR JOURNAL YOUR THOUGHT PROCESSES

HONESTLY COMPLETE THIS EXERCISE TO DETERMINE OF YOUR THOUGHT PROCESSES ARE DYSFUNCTIONAL

Use a page in your journal and make three columns, A B C

Column A – ACTIVATING EVENT

Column B – THOUGHT PROCESSES

Column C – EMOTIONAL OR BEHAVIOURAL RESPONSE

In Column C – Write down / think of a recent event (one that you are experiencing anxiety or fear over) and enter your thoughts, feelings, and behaviour about this

Record the event under column A: but as accurately as possible – try and do this as if you were an outsider looking in: **NO PRE - CONCEIVED JUDGEMENT**

Now list the things that you said to yourself about the event and write this down in column B

ONCE THIS IS DONE, TRY TO IDENTIFY ERRORS IN REASONING

The object of the ABC model is to identify how you are thinking. It is not to say that the event is good or bad **IT IS TO IDENTIFY HOW YOU ARE THINKING ABOUT IT.** It is to make sure that your perception / thinking is correct- realistic – true and keeping with the facts.

I hope this helps you!