

### 3. Understanding Anxiety & Fear

Have you ever felt anxious or fearful? What a daft question! None of us can go through life without experiencing these very common emotions. It is because these emotions are so prevalent throughout life that the question is obviously ridiculous.

But why are anxiety and fear such a normal part of our lives? It is because in its most basic form it is nature's way of protecting us. As such we all exhibit exactly the same reaction to given situations both mentally and physically. Let's look at the well known Fight or Flight syndrome. If you and I go out together into the garden and suddenly spot a large tiger just behind a bush, we will instantly both have identical mind and body reactions: Immediately enormous fear will take over our thoughts to the exclusion of everything else so that we can furiously work out what to do – fast!

Also we will both exhibit identical body reactions: The pupils in the eyes will constrict, skin vessels constrict so that it goes white since blood supply is increased to muscles, brain and heart. There is increased blood supply to vital organs and there is a release of adrenaline. The body is following a set of instructions.

Dr. Callahan explains that it is this very specific reaction to fear – or anger, or guilt etc. that is shared by all members of the species and is a highly ordered reaction. If it happened from disorder or disturbance, it would not be possible to obtain order from it. Also any medical problem shows a standard set of symptoms for a particular illness. This again is the body following instructions to cope with the invader and eliminate it from the system.

Having spent time and identified as many thought fields as you can find, you must then ask your client to review the 'basketful' and ask: "Which problem from the one's we have found upsets you the most?" Usually your client will not have any difficulty telling you and so go ahead and treat the particular worry/anxiety/fear involved. Always remember our Fear algorithm e-a-c 9g sq. will also address worries and anxieties since these are really lesser forms of fear.