



F.E.A.R.
The Great Divider
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Definition

- ❖ A distressing emotion aroused by impending danger, evil, pain, etc.,- whether the threat is real or imagined; the feeling or condition being afraid.
- ❖ Anticipation of the possibility that something unpleasant will occur;
- ❖ Concern or anxiety.



The Biological Roots of Fear

- ❖ Lives in the survival brain.
- ❖ It is connected with our fight/flight response.
- ❖ It is subcortical – below conscious thought.
- ❖ It registers at lightening speed.



Healthy Fear

- ❖ All emotions have purpose and communicate important information.
- ❖ If we are truly in danger, fear lets us know – our heart starts to race, our eyes get large, our stomach tightens, and we are hypervigilant.
- ❖ We use that information to run, hide, or do what is needed to get safe.
- ❖ Once we are safe, fear subsides - our nervous systems return to baseline, and we are no longer hyper aroused.



Unhealthy Fear

1. Develops when safety is not a felt sense in the nervous system.
2. When you are disconnected from your fear, you miss the signals.
3. If you are in a freeze response, fear never is processed, and becomes "normal".
4. When you tell yourself lies and scare yourself.



Signs of Living with Unhealthy Fear

1. You feel anxious or nervous much of the time.
2. You tell yourself that others don't care about you.
3. You tell yourself you can't do the things you want to do.
4. You shy away from people you want to get to know better.
5. You shy away from events that would expand your life experience.
6. You have ongoing physical ailments.



Growing Up Our Fear

- ❖ Much of our fear was acquired in childhood. At that time we couldn't activate ourselves to make the changes necessary.
- ❖ If we suffer from Learned Helplessness, then as adults we continue to act like we can't do anything to overcome our fears.
- ❖ In recovery, we can and must continue to live a life free of unhealthy fear. We see when it is F.alse E.vidence A.ppearing R.eal.
- ❖ We learn to replace our fears with faith.



Faith – What is Needed?

- ❖ A deep desire to be free from crippling, unnecessary fear.
- ❖ A trust that you are safe and that there is always help available.
- ❖ A belief that you are capable – of anything you put your mind to.
- ❖ A commitment to trust in yourself and live your best life.
- ❖ Ultimately, it is to connect with a Power greater than yourself, that you know is all loving, always present and loving to you.



Our Goal in Overcoming Fear

- ❖ So much of our fears are not based in real danger. It comes from repeated experiences, usually early in life, of being unsafe – emotionally, physically, sexually and/or spiritually.
- ❖ Fear is Fear – what we attach it to is particular to each person. Some are afraid of heights, people, spiders, etc.
- ❖ When we decide to live a life that is free from this unhealthy fear, we can begin to be of greater service to our loved ones and the world at large.



Your Fear Inventory

- ❖ In order to be rid of fear, it is necessary to do an ongoing fear inventory.
- ❖ We have to first know what we are afraid of, what the reason for that fear is, and then how we will transform our fear to faith.



Fear Inventory: Getting Started

1. Make a list of the 3 top fears you live with.
2. Beside each item, write why you have this fear – what is the reason you carry this fear around.
3. Then write on how that fear has limited your life.
4. Then say an affirmation or prayer that goes something like this:

"Please relieve me of this fear _____, as it no longer serves me, and show me instead how to replace it with faith that I am safe today and can trust myself."


