



Have you ever heard about this acronym of **FEAR**?

False

Expectations

Appearing

Real

Here are Physicist, and author *Dr. Karl Albrecht's* 5 Types of Fears:

1. Extinction.

The fear of annihilation, of ceasing to exist. This is more than just a "fear of death" or how we might die - it strikes at the very heart of our fear that we would simply no longer BE.

Examples of triggers include: Coronavirus, fatal diseases, flight and or extreme heights and dark places. Albrecht calls it *existential anxiety* and asks us to consider the panicky feeling we get if we look over the edge of a tall building.

2. Mutilation or Bodily Invasion.

The fear of losing a part of our body, having our body's boundaries invaded, or of losing a natural function. This would be any fear where we feel physically unsafe or under attack.

Examples of triggers include: In this pot would fall our anxieties about creepy crawlies like spiders or snakes, animals like dogs or sharks - and any animal you believe to be harmful. Also anxiety about crowds, needles, germs, surgical procedures or having to make a trip to the dentist!

3. Loss of Autonomy.

The fear of being restricted, confined, trapped, suffocated. As Dr. Albrecht puts it "the fear of being immobilized, paralyzed, restricted, enveloped, overwhelmed, entrapped, imprisoned, smothered, or otherwise controlled by circumstances beyond our control." When it's a physical fear it's called claustrophobia, but our fear of being smothered, restricted, unable to take care of ourselves or dependent on others can also apply to situations in our lives - or our relationships.

Examples of triggers include: Commitment, poverty, debilitating illness, and aging. In addition, situations where we feel helpless or powerless, for example at work, your boss tells you to do something you don't want to do, and refuses to discuss it with you. You have to do it or lose your job. You feel trapped, helpless. Most parents will also feel this fear from time to time - overwhelmed, trapped and restricted.

4. Separation, Abandonment or Rejection.

The fear of abandonment, rejection - we humans have a strong need to belong. This is my biggest fear. From a young age I have feared upsetting people for fear of being rejected and/or abandoned.



I even have a visual of floating alone in outer space, never to see another living being ever again! From an evolutionary perspective, when an early human was kicked out of the tribe, they likely would have died. Dr. Albrecht refers to a "loss of connectedness; of becoming a non-person—not wanted, respected, or valued by anyone else." which literally threatens our wellbeing and survival.

Examples of triggers include: When a relationship ends - a friendship, divorce or death of a loved one. Sometimes when a relationship ends, we also lose an extended set of friends too increasing that loss of connectedness. This type of fear can also be triggered when a relationship deepens and with that an experience of vulnerability - what happens if this person I rely on leaves me - so a fear of intimacy! An argument or disagreement with someone important to us - at home or at work. Also, have you noticed that when someone ignores us or gives us the 'silent treatment' this often feels worse than being yelled at? Triggers can also be less obvious - an extended separation, even a voluntary one can subconsciously trigger this type of fear.

5. Humiliation, Shame or Worthlessness.

Dr. Albrecht called this type of fear, "Ego-death". We all need to feel lovable, worthy of love and of value in the world order to have healthy relationships with others - and with ourselves. Shame can be an excruciating feeling - something many of us will go great lengths to avoid. Not only can it leave us feeling physically sick, make our skin crawl or flush or in extremes give us stabbing pains, we want to crawl into a hole and disappear. When we are shamed and humiliated it can threaten or destroy our belief in our worth, our lovability and our value in the world. Without that, we are nobody. Literally. The supposed number 1 fear of public speaking would fall into this category!

Examples of triggers include: Failure, criticism, bullying, victimization, mistakes, and public speaking. There are genuine shame triggers like when we're caught in a lie or do something considered wrong by society. But, feelings of shame and worthlessness are often triggered by an expectation of judgement or criticism (from ourselves or others) when we mess up - losing one's job, or if we left our house unlocked and got burgled.

THREE STEPS TO OVERCOME FEAR

- 1. Write your fear down:** writing it down is acknowledging that there is a fear which leads to awareness which is 95% of your journey of getting past it.
- 2. Ask yourself what is the worst that can happen?** Go deeper about the pain and worst case scenario. What is the absolute worst outcome that can happen from this situation? You might find out that your worst case is unrealistic! Think about realistic things and you find it is not that serious.
- 3. Ask yourself if you can handle it?** If the answer is yes, Face it to fix it (examples: speak in a large crowd, pet a non-verminous snake, take an elevator ride to the top of a tall building) Then **BREATHE**. Tell yourself that the "fear" of impending doom is NOT REAL and nothing bad will happen Sit in that moment.....



PUT INTO PRACTICE

Let's put overcoming fear into practice!

- ☞ I want you to think of one thing that scares you and has been holding you back from achieving a particular goal. Write it down.
- ☞ Take a deep breath and release it fast, inhale slowly, count to six and then sharply blow the breath out quickly out of your mouth.
- ☞ With the (1) thing that you've thought of, I want you to take it through the 3 step "overcoming fear" process mentioned above.
- ☞ Lastly, write down how you feel after you took it through the 3 step process. If it's something you can do now, do it. If it's something that you will do in the future remember the process and revisit it right before you practice overcoming that fear!

In light of what's going on in the "world" today, your fears maybe exasperate by anxiety. **Anxiety** is your body's natural response to stress. It's a feeling of fear or apprehension about what's to come. In learning to cope with, manage and finally overcome your anxiety/fear, you must remain PRESENT. Focus on one day, one minute and one second at a time. Do not worry about the future, it will take care of itself. Every day, make a conscious decision that you will "choose" to not allow stress and worry to overtake you.

When you wake up say the following affirmation: ***Today I will not stress or worry about anything that is outside of my control. I welcome this day with all of its possibilities and I embrace peace, power and calm into my day.***

*It takes **courage** to overcome fear; however, with a **willing** spirit you will not only overcome fear, you will demolish it! If you don't want to use the affirmation I've provided, feel free to find a quote, scripture or positive affirmation to help you build your courage and defeat fear once and for all.*

You got this!

Eve Dionne