F. E. A. R.

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What follows is an assessment of a bully that bullies us all to some degree in our lives, some of us unfortunately more than others. What this assessment will not do is get hung up explaining fear so we fall into the trap of thinking that learning about it in depth will cause it to go away. It Won't! So, let's get right to the point.

F.E.A.R. is without question – **F**alse **E**vidence **A**ppearing **R**eal 99% of the time in everyday life. However, if you are like millions of Americans, **FEAR** is a chronic addiction. In regular doses, it provides a false sense of control. The insanity behind this addiction is that as long as one lives under its spell, what they are fearful of, won't happen. When the fearful event is over, the false evidence that appeared real leaves them exhausted and hung over. The fact is, if what they were fearful about happened, fear wouldn't have prevented it. If what they were fearful about didn't happen, fear certainly didn't prevent it. Then once the fear has subsided – it's time for another fix.

PTSD – Post **T**raumatic **S**tress **D**isorder which we hear so much about these days is a cross-addicted agent stemming from fear and anxiety. We tiptoe through life as if we were in a field of IUDs. There is pending doom in every step. When life is good, it's time to fear that there is a devastating disaster that's going to ruin everything. In fact, we actually fear enjoying life due to the pending doom that is a cross we carry.

The Progression of the Addiction to Fear

- **First:** We become apprehensive.
- **Second:** Apprehension makes us anxious.
- **Third:** The deceptive and false evidence we are obsessing about becomes real to us.
- **Fourth:** Our obsessing leads us to seek relief, - (See Strongholds). Strongholds arrest fear for a while - and **then they develop into multiple problems** that we become completely powerless over.
- **Fifth:** Our condition begins affecting those around us.
- **Sixth:** Guilt, Shame, and Defeat rear their heads.
- **Seventh:** The fear becomes morbid – phobia – addictive.

Identifying Strongholds and Temporal Substances

What habit, substance, or activity do you tend to turn to when under pressure or stress? (Check those that apply)

☐	Excessive Work
☐	Sex / Pornography
☐	Over-Achievement
☐	Binge Eating
☐	Taking Control
☐	Uncontrolled Anger
☐	Money Dysfunction
☐	Hoarding
☐	Exaggerate Success
☐	Shopping When Stressed
☐	Spending on Toys
☐	Gambling
☐	Approval Seeking
☐	Toxic Relationships
☐	Rescuing Other People
☐	Physical Illness (Hypochondria)
☐	Excessive Exercise Conditioning
☐	Cosmetics & Surgery
☐	Excessive Clothes Buying
☐	Academic Achievement
☐	Religiosity
☐	Excessive Intellectualizing
☐	Perfectionism
☐	Obsessive Cleanliness

☐	Materialism
☐	Under-Earning
☐	Overindulging in Alcohol
☐	Abusing Drugs (Legal or Illegal)
☐	Headaches / Migraines
☐	Blaming Others / Manipulation
☐	Character Assassination of Others
☐	Make Others Feel Sorry For Me
☐	Lie or Stretch the Truth
☐	Dishonestly Boastful
☐	Self-Pity
☐	Rebellious & Resentful
☐	Repetitive Spiritual Backsliding
☐	Frequent Exhaustion & Burnout
☐	Need or Enjoy To Hurt People
☐	Other: _____
☐	Other: _____
☐	Other: _____
☐	Other: _____
☐	Other: _____
☐	Other: _____
☐	Other: _____
☐	Other: _____
☐	Other: _____

☐	Compulsive Organizing
☐	Excessive Worry
☐	Low Self Esteem

☐	Other: _____
☐	Other: _____
☐	Other: _____

Y N Check "Yes" or "No" to the following)

☐	☐	**1.**	I need more of the habit, substance, or activity than I used to experience a useful life under pressure.
☐	☐	**2.**	I turn to the habit, substance, or activity for reward or protection.
☐	☐	**3.**	I sometimes hide the habit, substance, or activity from those around me.
☐	☐	**4.**	Has the habit, substance, or activity affected my productivity on the job, at home, or in other areas of my life?
☐	☐	**5.**	Have I been deceitful with the habit, substance, or activity to the detriment of others around me?
☐	☐	**6.**	Could the habit, substance, or activity left unaddressed be destructive to me or others? *(Look at the worst-case scenario)*
☐	☐	**7.**	Have those around me ever mentioned the habit, substance, or activity?
☐	☐	**8.**	Do I get defensive when the subject of the habit, substance, or activity is brought up?
☐	☐	**9.**	Do I feel guilt or remorse for indulging in the habit, substance, or activity?
☐	☐	**10.**	Do I promise myself I will stop the habit, substance, or activity without doing so?
☐	☐	**11.**	Do I find that regardless of my resolve to stop the habit, substance, or activity to turn to it again?
☐	☐	**12.**	After attempting to stop the habit, substance, or activity unsuccessfully, do I find that they actually increase?

Journal:

- In 2 Timothy 2:7, we read, *"For God has not given us a spirit of fear, but of power and love and a sound mind."*

- That being the case, in the Spirit of the Psalmist we ask, *"Search me, God, and know my heart; test me and know my anxious thoughts."*

- We then "Listen to the Sound of Silence".

Recently I had an experience of fear, anxiety, and apprehension that was crippling. How could this be? I work diligently on the coaching I write about, and I have been blessed with the most wonderful accountability a person can have. What I was experiencing apparently brought back memories that held me, hostage, in the environment I was in at the time. So much so that I isolated like a person who had never received a second of life training.

My mind was frozen – fixed on the situation, and when it could contain no more, I began feeling things physically. *"I can't allow this,"* I said to myself. I was at the end of my rope, holding on by the knot, and the rope was threading. My Lord rescued me. I H.A.L.T.E.D. and got back to the basics with little time left to spare.

I began searching for the triggers that set up fear and anxiety in my life. They are as follows:

- The Phone
- The Mail, (Voice, Electronic, or Postal)
- When someone says they need to talk to me and leave it hanging.
- When something is out of my control.
- Owning the treatment I received from [redacted].

My initial "reaction" was to put into play affirmations that would help me fight the fear and anxiety that was handed to me. But God didn't die to give me a life I had to fight through to survive.

Tips for When FEAR Sucker Punches

1. Get p&%%#@ at the fear. Just don't let it control you. You may also choose to ignore it.
2. Slow your breathing. If need be, count backward from 100 to get focused.
3. Get Accountable.
4. Get Present.

5. Write out the following affirmation on your daily schedule. Set an hourly timer and repeat it until it becomes a reflex.

"WHEN THE GOING GETS TOUGH, THE TOUGH FOCUS and GET TOUGHER"

6. Get p&%%#@ at the fear.
7. Trust God.

   Remember, *"God works for the good of those who love you and have been called according to His purpose."*

"FEAR DOES NOT KEEP ME SAFE – THE LORD IS MY REFUGE."

Meditation, (Psalm 91)

1. Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.
2. I will say of the Lord, *"He is my refuge and my fortress, my God, in whom I trust."*
3. Surely He will save you from the Fowler's snare and the deadly pestilence.
4. He will cover you with His feathers, and under His wings you will find refuge; His faithfulness will be your shield and rampart.
5. You will not fear the terror of night, nor the arrow that flies by day,
6. nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.
7. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.
8. You will only observe with your eyes and see the punishment of the wicked.
9. If you say, *"The Lord is my refuge,"* and you make the Most High your dwelling,
10. no harm will overtake you, no disaster will come near your tent.
11. For He will command His angels concerning you to guard you in all your ways:
12. They will lift you in their hands so that you will not strike your foot against a stone.
13. You will tread on the lion and the cobra; you will trample the great lion and the serpent.
14. "Because he loves me," says the Lord, "I will rescue him; I will protect him, for he acknowledges my name.
15. He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him.
16. With long life I will satisfy him and show him my salvation."

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