# Facing Fear

*Clarity Conquers Fear - by Sgt. Steve*

---

People often think fear is about danger, but most of the time fear is about the unknown. The things that unsettle us, frustrate us, or make us anxious usually have something in common: we don't fully understand them yet.

What we can't see clearly tends to grow into something much bigger and more intimidating than it really is. That pattern shows up everywhere in life. When something is hiding in the dark, our imagination fills in the blanks.

| *"Seeing a pair of glowing eyes in the darkness is frightening."* | **"Seeing clearly that it's just the neighbor's cat is not."** |
|---|---|

When a situation is unclear, we assume the worst. But once you put light on something...once you examine it, question it, and understand it… you usually discover that it isn't as threatening as it first appeared.

> "Remember, however, before all else, to strip things of all that disturbs and confuses, and to see what each is at bottom; you will then comprehend that they contain nothing fearful except the actual fear."
>
> **— Seneca**
>
> *(And yes, FDR almost certainly borrowed from Seneca when he said, "The only thing we have to fear is fear itself.")*

Seneca's point is timeless: the best way to conquer fear or anxiety is to examine it clearly. Ask questions. Break it down. Understand what it really is. Once you do that, most fears lose their power.

### THE ROOT CAUSE

Fear, anger, and hostility often run together. They share roots, and just like fear, they usually grow out of ignorance; of not knowing enough about a situation, a person, or a challenge.

The antidote to ignorance is knowledge. Clarity, not courage, is what conquers fear.

So take time to look directly at the things you fear, dislike, or feel anger toward. Study them. Understand them. See them clearly. You may find that what looked like a threat was really just an unfamiliar shape in the dark.

**Amor Fati,**
**Sgt. Steve**