

FROM THREATS AND FEAR TO ACTION

Fear and anxiety are normal and adaptive emotions

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Fear can be contagious. A person in the street, and on television and YouTube which shows a face that can contaminate others in the environment. Once that fear is installed, it can be generalized to areas in the life of a person which formerly did not create fear.

It is an alarm response that creates real urgency, it comes with an innate pattern of reaction clearly modifiable via learning. Fear is a notable and consistent response along all species, not only because it is a preparation for self defense, but also because it serves as a way of communication.

The structure of fear is a biological program that indicates us when to escape from danger. It is an involuntary response to threats in the social and physical environment. It is supported by memory, imagination and the anticipation of threats. It persists throughout cultures and individual factors such as worries about health, insecurity, loss of employment, loss of assets, and lack of food.

There are three roads for the acquisition of fear which is learned: by means of the way of trauma, by means of information both verbal or written and by means of the observation of personalities whose words and facial expressions threat about prominent dangers.

Emotions have the characteristic to inhabit in the brain in an area far and disconnected from reasoning, planning and taking decisions.

Thus, psychology based on empirical evidence points to the fact that talking about problems and how to solve them is not enough, it requires actions in order to initiate a behavioral and emotional change.

Impulses and improvisations are very difficult to control and this is why they are not easy to cope with. When we feel fear, information enters the senses, then goes directly to the muscular system and we run quickly to a safe place !

Intense fear – also known as Post-traumatic Stress Disorder- is a prolonged state of worry subject to individual vulnerability- conducive to imagine monsters under the bed or in the darkness of cabinets.

Once the module of fear is activated it follows its own path and the person becomes paralyzed. Confusion and fragmentation appears : *“I can't believe what is happening” “What will occur now ?”*

Some people accommodate to fear, this is called **habituation** *“the more you tolerate fear the easier it is to face it “* . But others do not get accustomed to fear and remain fearful as the first time: paralyzed, incapable of actions. In this level, reactions are rigid, mental faculties are disturbed and procrastination continues.

It has been experimentally proven that it is not possible to overcome fear while escaping, or what is called **behavioral avoidance**.

Calmness counteracts fear and it facilitates the possibility to make one step ahead and act accordingly in order to create solutions.

Actions reduce fear and stimulate risk. Suddenly all the threats which seemed horrific are perceived as benign and ready to overcome. This circumstance reduces the sense of danger, minimizes distorted thinking, lowers anxiety and avoids escape behaviors.

To act has a liberating effect, increases social commitment.

It is an experience of mastery which guides towards personal and collective transformation