

Understanding the Importance of Uninhibited Fear and Anger

Fear is one of the things that can produce both physical and psychological symptoms. In most cases, fear will have a negative response on our behaviours (the flight or fight response being considered a positive response to fear), and can stop us from doing the things we *want* and *need* to do. Fear, as a response, can be a rational as well as irrational.

The physical symptoms of fear include;

- I. Heart Pounding
- II. Hot and cold sweats
- III. Dry mouth
- IV. Shaking or Trembling

All the symptoms mentioned above are the body's way of preparing us for a response to stressors. The 'Flight or Fight' response which is about us conserving energy in order to run from a stressful/fearful situation or go into combat is directly linked to the production of adrenalin, the hormone associated with the 'Flight or Fight' response. Fluids such as blood will drain towards organs that are vital to help us in these situations which in turn will cause us to tremble and have a dry mouth. The increased amount of adrenalin in our systems will cause our hearts to pound and we sweat becoming hot and then cold as the body tries to regulate the temperature so that we don't become inert.

Being aware of the physical systems of anger helps you to remain in control and feel that you can make the changes they need and want to make. Being aware of physical symptoms encourages recognition that these symptoms are natural as well as expected. In this way, you are ultimately helped to understand your own triggers and develop better self management.

Safety behaviours are discussed consistently in relation to dealing with fear and anger and are akin to defence mechanisms; behaviours that you might have developed because of your fears. These behaviours might include avoiding going to certain places or talking out in certain situations. It's important that you;

- Recognise that they are using safety behaviours
- Highlight all the alternatives they have used to get through frightening situations
- Remain in control

For those supporting you;

- Identify all behaviours that come into the category of safety behaviours
- Not underestimate the relevance or hold that safety mechanisms can have on a client
- Minimise the effects by finding alternatives
- Stop the safety behaviours.

We all have part of our personality which is the '**inner critic**'; The voice inside us that is there to assist and support us in a positive way to make changes by highlighting negativity. Sometimes this voice can become overwhelming telling us all the time the things we are not doing right, where we need to increase our performance and change the way we look which can become debilitating. What makes it difficult to avoid or ignore is that the voice sounds like us!

The 'devil on the shoulder' technique is a way of visualising or caricaturising the voice giving it a persona in order to separate out what is real from what is not. We often find it easier to deal with the negativity that comes when we give it a separate personality, because it doesn't seem like a necessary part of who we are. If the new personality is funny, it helps to quash any feelings or anxiety or fear so that you can see your options and make decisions.

'Yin Yang'/'Black and White' model and why it is useful

Yin Yang is about identifying the two sides that everything has; light and shade, positivity and negativity etc. The model works by getting you to write down two sets of beliefs, the positive belief that they hold about something and the negative or fearful side to the belief that is preventing them from moving forward. The approach encourages you to look for evidence for both and encourages the client to stop inhibiting fears and worries so that they can be dealt with.

For more information on how I can support your journey, email me on

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