

ANXIETY AND FEAR ARE 99+% DUE TO PREDICTIONS (AND NOT REAL)!

CONTENTS:

THE RIGHT FEAR IS NOTHING AT ALL	1
HOW TO “CURE” THE PROBLEM	2
AVOID THE EXACERBATORS!	2
STRENGTHEN THE POSITIVES WITH THE TRUTHS	3
SOME EXAMPLES	4
AND, ALWAYS, USE THE “INTERRUPTORS”!	4
WHERE DO I GO FROM HERE?	5

If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment.

Marcus Aurelius, 121 – 180 AD

True, but how to actually gain that perspective and viewpoint is the trick. That is covered by the site.

THE RIGHT FEAR IS NOTHING AT ALL

“Our limbic systems evolved to deal with a single lion roaring at us at a time.”

As we said in that little chat on [Lions vs. Jungles](#), that lion’s roar triggers a fight or flight response. We fight or we flee. And, hopefully, we live to talk about the tale later.

But, the important thing to note is that the stress from that event, although extremely **acute**, is also **extremely short-lived**. *We respond to the challenge and move on. Our nervous system resets itself*, all good.

[And the cost to us is hardly felt in the moment, as we are “in action”, totally pre-occupied with dealing with the threat. We do not “suffer”. Any suffering is just created in our mind, about:

1. How awful it was (notice that [Zebras do not do that](#))
2. How disadvantaged we are
3. How we must fear this in the future.
4. A prediction that the future won't be good (we won't be able to handle it and be ok).

That is all “made up stuff”, strictly existing in the mind (and not in the actual world!!! Can you see it anywhere?)]

These days, we're so bombarded with stimuli that it's as if, to use Alberto Villoldo's metaphor, **the ENTIRE JUNGLE is roaring at us ALL DAY EVERY DAY.**”

[Brian Johnson](#), one of my most admired fellows

[But that is only IF we *allow* the bombardment and/or *create* it.

Otherwise, in truth, there is nothing going on in terms of lion threats or any real threats for which the fear response was evolved. There is nothing affecting our life or death, there are only “possible inconveniences” and “hypothetical projections”. When we learn to no longer think of these “made ups” (Buddhism calls them “[mental constructs](#)”) as being “the truth”, we can let go of those falsely contrived fears/anxieties, for they are just illusory (and not really in existence, just “monsters in the closet” child/chimp thinking).]

The resulting anxiety is **enervating** and, unless intervened in, **self-reinforcing**, even building up into crescendoes, all for no real benefit, while causing considerable emotional/mental damage!!!!

(For a good description of the fear response, see the info box on page 3 of this piece” [The Fear Management Program](#).)

HOW TO “CURE” THE PROBLEM

An old saying “kinda” addresses this: “accentuate the positive, and eliminate the negative...and don’t mess with Mr. In-Between”. ([Song](#)) Or, in other words, weaken the negative side and build the positive, strong side. (See the very simple [The Law Of Numbers And Strength - Pick On Someone Your Own Size And/Or Get Bigger](#). Perhaps, you might play the song, above, until you’ve got it installed as a way of thinking AND a practice!)

So, let’s proceed...

AVOID THE EXACERBATORS!

We want to avoid the exacerbators (causers, worseners) of anxiety:

[Hurrying](#), [being behind](#) (conditions us to be hyper sensitive, easily triggered and more anxious). Arrive at appointments at least 10 minutes early. Plan ahead with buffer time. Strictly adhere to those standards, as the cost of not doing so is very high (even though we fail to see that).)

Entertaining any negative thought at all! They are not welcome into our mental home, as they are toxic and can cause a domino effect of crazy associated thinking. It is utterly shtoopid (!) to allow it!!!!!!

Watching, reading, listening to negatives (news, movies with violence or grossly low thinking, people gossiping...). This will only add to the negative bias we evolved to have to protect us from life and death situations 10,000 years ago (which virtually no longer exist today). We need to do the opposite, proactively diminish the negative bias and increase the positive programming (a main function of the site!).

Any negative conversations at all! (Internal or external) Only allow the facts of a problem or potential problem to be pointed out but **only in a solutions seeking format**. Squash all negative internal conversations, preferably [writing them down to be corrected/solved asap](#) - note the asap!

STRENGTHEN THE POSITIVES BASED ON ONLY THE TRUTHS

When one attempts to strengthen the positives but does it with untruths, it is unlikely to be helpful, other than perhaps for the short term.

Yes, it is nice to affirm “I am good enough! I am good enough!...”, but if you don’t have the reasoning behind it solidly in place, it is unlikely to be very strong and will be extremely vulnerable to your more well established [Chimp Brain](#) beliefs that you’ve grooved in for so many years of your life. Approaches like that are shallow and seldom sufficient - and may only reinforce the idea that “I can’t overcome that. I can’t change.” But that’s bull manure, as we can all change with a thorough enough change program that you actually follow (doing “the work”). (See [Changeology - The Skill](#))

Note that we, ***even those in the “growth” community, tend only to get up to the edge*** of anything of depth and then we stop. That, of course, leaves us without completion, so that we only get a short term or light effect instead of the in-depth one that is available to us (IF we do “the work”).

”The old saying: ‘Be not just a seeker! Be a finder!’

But I would also suggest that you go so far as to be a results producer!

For if you only keep on seeking and do not find, you are nowhere!

But, also, if you find and do not produce the results, you are nowhere, also!

It is senseless not to go all the way to producing the results!!!”

The BuddhaKahuna

1st become a master seeker (where can I find what is needed, what can I seek)

2nd become a master gatherer of information, learner

3rd become a master of thinking (creator, master user of information, systems maker)

4th complete the process by becoming a master value/results producer.

Any weakness in that chain, and you will be giving away much of the potential for life!!!

SOME EXAMPLES

For instance, to help the positive side and weaken the negative side, I use and KNOW that these following statements are TRUE and I have them *available right in the moment* when needed (i.e. they’ve been repeated so many times that they are automatic):

“There is no danger in this moment. There is nothing happening that is an actual threat to my body and/or life! I am safe. I am not presently in danger. And I will not buy into the bull manure

that the primitive brain is coming up with. ” (See [Nothing Actually Happened - One Of The Greatest Philosophical Insights!](#))

“I can survive virtually anything that comes up.” (See [The Skill Of Fearlessness.](#))

“Yes, it is true that some “negative) things will occur, but they are mainly just inconveniences. But inconveniences are no big deal, as it is true they may use up some time, because I already am far beyond meeting my needs and have more than enough. I am well beyond the border of safety. [I am safe, always!](#)”

“This matters not in my life. It is truly nothing!”

“This isn’t real. It’s just in my mind only!”

“Is this a “need”, or just a thoughtless impulse not worth heeding?”

(See [The Declarations - Declaring It To Be True - And So It Is!](#))

(If you have some that work well for you, please do email them to me. I’d greatly appreciate it - and others would benefit from the additional perspective and options to choose from. [\[contact\]](#))

AND, ALWAYS, USE THE “INTERRUPTORS”!

Always, and I mean all the time, use [The Power Pause](#).

It should **(must) be a keystone for the strength of your life!!!**

WHERE DO I GO FROM HERE?

Since this is a short piece, with some helpful links, it is not the complete package, though I think it has a high value to it in terms of getting you to see how things fit together and to learn some truths.

So... what would be recommended from here?

You’ll certainly benefit greatly from at least doing these, or the equivalent:

[The Program For Upgrading Your Beliefs](#) and

[The Fear/Anxiety Management Program](#) - and write [\[contact\]](#) to me with any questions, requests for additions, help needed, etc.

The objective is to **truly master** these areas for they are the foundation to all of life, to having a life of success, to having a truly great and loved life!

Johnson notes also, from Kelly McGonigal's book, *The Upside of Stress*:

"Stress caused by the news, as opposed to stress caused by your life, is unique in its ability to **trigger a sense of hopelessness**. Watching TV news after a natural disaster or terrorist attack has consistently been shown to increase the risk of developing depression or post-traumatic stress disorder. One shocking study found that people who watched six or more hours of news about the 2013 Boston Marathon bombing were more likely to develop post-traumatic stress symptoms than people who were actually at the bombing and personally affected by it. It's not just traditional news programs that instill fear and hopelessness; stories of tragedy, trauma, and threats dominate many forms of media. In fact, a 2014 study of U.S. adults found that the single best predictor of people's fear and anxiety was how much time they spent watching TV talk shows."

As we focus on what is outside of our [control](#), we begin to lose touch with what we are in control of in our life. And when we control what we can control in life, we create far more than we need to to have a good life - and what is not under our control ceases to matter at all!

Note that some may beg to differ about 99% of fears being due to predictions, as many people have regrets or shame or "bad memories" and are stuck in the past (because the brain is trying to solve those things so in the future we'll be better off).

But note that those are all held in respect to the future, meaning that one has lost part of what the future should have been if those things didn't occur or we "weren't so weak or stupid."

Everything that us humans think of is based on either a good feeling in the now or about getting something in the future - a better future in some way.

Everything is related to the future: Am I safe now (for the future, not dying now, etc.)? Will I be safe? And also be better off? Will I be remembered? Will I be loved? And on and on...

The world we see that seems so insane is the result of a belief system that is not working. To perceive the world differently, we must be willing to change our belief system, let the past slip away, expand our sense of now, and dissolve the fear in our minds.

William James, 1842 – 1910