

# Understanding Fear

## Nature of Fear

### 3 Kinds of Fear

#### Natural Fear

Response to Perception of the Moment

Function: to get attention and energize

Lasts as long as we focus on danger

#### Structural Fear

Build-up of Tension from Trauma, Stress, or Mental Fear

#### Mental Fear

Thoughts that create fear

Lasts as long as we think about it

## Effects of Fear

### Body

Sympathetic Nervous System Activated

Builds Tension

### Emotion

Numb and/or reactive

Impatient Intolerant

### Mind

- Narrows focus
- Stops learning
- Blocks creativity
- Drawn to old solutions
- Unknown seen as threat
- First impressions dictate
- Don't ask questions

## Fear puts us in Crisis Mode

Everything not essential for survival shuts down

Limited Understanding

Isolated

Poor Decision Making

Self-escalating