

HOME - WORK - PLAY WITH -- AND -- WITHOUT PERSONAL / PROFESSIONAL DANGER

We make decisions as children about how to survive. These often are a result of real, true, actual, verifiable, legitimate, threats, physical danger, and very unsafe conditions. These decisions often run our lives today, in ways that we do not understand. We become reactive or defensive or critical for reasons we have forgotten.

Easy to see and understand are violence, alcoholism, drug abuse, abandonment and neglect. These experiences are routinely terrifying to children. Those children will then make some decision about what to do -- about this clear and present danger -- to make it safe for themselves. For example, dad and mom are drunk and fighting physically -- "I am scared and in danger of being hit and hurt" -- I decide to leave or go to my room and hide under the bed or in some other place. This is FEAR-WITH-DANGER. You have no control of them -- you can't get a job and move out -- you can't make them stop -- you can't fix it or change it. So you withdraw, hide, leave, avoid the conflict. You are never taught and you never see how to resolve angry differences in a safe, and non-dangerous manner. This is a constant childhood event for many children.

Now you become a grown-up and you work with a couple of healthy people who like to argue loudly and debate with enthusiasm such subjects as politics, economics and sports. To other observers they are clearly not drunk, not violently threatening, and not dangerous with their loud opinions -- just having a good time talking loudly, and arguing loudly, and debating loudly with healthy and fun vigorous and rigorous energy.

To you, however, their emotional display may trigger your childhood experience of FEAR-WITH-DANGER. Like a rubber-band, you go back to the "THERE-AND-THEN" of your childhood and repeat your same reactive behaviors that you had decided made you safe. You may now -- like then -- withdraw into yourself, hide in your office, leave for lunch, to avoid the conflict and to make it "safe" from the illusion of danger.

Others may have resolved that same childhood problem with a different and more healthy set of decisions and behaviors. They will have only a trivial fear reaction, and may say "Those two certainly like arguing," and then they go about their business unconcerned and not reactive or involved. They have not escalated their temporary FEAR-WITHOUT-DANGER into a FEAR-WITH-DANGER experience that "requires reaction".

Less obvious are issues like name-calling, ("you're stupid"), and discounting of feeling, ("Don't be silly, you shouldn't feel that way." - "You are not mad, just upset") This FEAR-WITH-DANGER is not about physical danger but danger to a child's self-esteem, about validating the integrity of how they think and feel as they are deciding their identities, their sense of worth, and their position of being "OK" at home, in the world.

Children may then make the same decision to withdraw, hide, or leave, to avoid the conflict, but with a lower level of fear. Now you become a grown-up and you work with two people who like to argue loudly by saying "that's a stupid argument", or, "you don't know what you are talking about." same problem -- with a lower fear level. The fears generated by assaults on our self-esteem are still profound and have profound effects.

Again, this may trigger your childhood decision to withdraw when people put you down with name-calling, and shaming. But other people may confront that by saying "hey, knock it off, no name-calling, behave yourself, straighten up, stop that here." Small levels of fear often allow people to confront the issues today.

MAJOR-PROFOUND-FOUNDATION-PROBLEM: survival skills & decisions made in FEAR-WITH-DANGER require the existence of danger to be "effective." you may currently turn FEAR-WITHOUT-DANGER into FEAR-WITH-DANGER in your own head in order to use the tool that generates safety for you, to withdraw, hide, leave, avoid conflict. It worked then, but it will not work now. Blaming and Criticism are two methods, today, to generate the illusion that "I NOW HAVE POWER AND CAN MAKE THIS LESS THREATENING OR GO AWAY."

This is an unconscious process. It is pre-cognitive, reactive, and emotional. It does not use rational assessment to determine what actually is happening. It occurs quickly and without thought. To change this problem, a person must take time to think and figure out--is this an actual THERE-AND-THEN-FEAR-WITH-DANGER -- or is this -- HERE-AND-NOW-FEAR-WITHOUT-DANGER. It is possible to change this - decide now.



**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**