

Introduction to Eudaimonia Therapy

Session Three

The Twin Sisters – Fear and Worry

I call fear and worry, those two bitches for good reason. They are like evil twin sisters; they think they are being helpful but all they do is stop our forward motion. They too believe their job is to protect the organism and their primary goal is to have you not move. Not take any chances. Stay exactly where you are to be safe. They are wrong. It's like the overprotective mother who will not let their child out of the house in order to keep them safe. If we allow them to paralyze our forward motion, we will never grow. We will never experience all the wonders of life. We will not come close to completing our mission.

Fear is the initial fear we are afraid of, and worry are all the scenarios of how that fear will manifest. For example, the fear is that we will get hit by a car, "worry" is all the ways that could happen, a car could jump the curb as we are walking on the side walk, the car could come through the front window and hit us as we are sitting on the couch, etc. You will always know the voice of "worry", it's the "what if's" of your thoughts.

Eudaimonia Psychology is Poised

Eudaimonia Psychology is poised to gently recognize what is happening when negative patterns of thought start to get activated. By practicing the methods and tools of eudaimonia psychology we are learning how we can break that pattern. It reminds us that everything happens for a reason. It teaches us to treat ourselves with love and compassion. How to cultivate a gentle, curious and patient

attitude with ourselves and to always celebrate small victories. It also helps us to understand that no one can make us feel inferior without our consent.

Eudaimonia methods and tools assist us in noticing our negative self-talk and substitute positive approaches. For example, the statement, “I’m so stupid!” can be replaced by reframing it to, “I am smart and get smarter every day by learning new skills.”

Another tactic that will help to address your negative self-talk is by reminding yourself that everything happens for you, not to you, what are you learning about yourself? In addition, you are finding growth in every decision you make even the ones that turn out to be disappointing. It’s about learning how to treat yourself with the same love and compassion you give to others.

FEAR

Fear is **False Evidence Appearing Real**, meaning whatever you are afraid of is not based in reality, it’s based on false projections of what could go wrong. Our society has taught us to look at what’s going wrong and fix it, rather than looking at what’s going right and enjoy it. Fear and worry also have to do with a bored ego.

The ego has a very important job, and that is to protect the organism, us. Back in the day, the ego along with fear and worry, were very busy as we lived in quite a dangerous environment. We were nomadic and moved around a lot. We had to be aware of bigger animals attacking and eating us, and severe weather conditions that could kill us if we didn’t have shelter. We needed to be near a water supply and a food source for nourishment. The ego had a lot to do.

Today, not so much. There are no large animals waiting outside your front door to eat you. If it's cold outside, we can go to the Mall and buy coats to keep us warm or choose to stay in our homes by the heater. If we are hungry, we can go to the food store to purchase food. So, what does the bored ego do? It makes up stuff. All kinds of scenarios that will never happen but gives the ego a purpose. Think about it, your fear and worry come on to the stage when you are coasting along, when things are pretty much calm. When you have time to focus on nothing, the ego takes to the stage and dances with you in a proposed tragedy that it convinces you can happen without any real evidence. And it begins like this, first Fear takes to the stage, "What if blah blah blah would happen, are we prepared?" Then next on stage is Worry who will creatively come up with all kinds of scenarios that could possibly happen having to do with the original fear. It's the "what if" scenarios. Now the ego is engaged and loving it. The ego now will steal your time by forcing you to "worry" about something that you can't be 100% sure will ever happen. What a waste of time, but soooo much fun for the ego. You try to push it off, but Fear and Worry are so persistent because they pull negative events from the past and intensify them for you as they tap into your negative energy and bring up insecurities from your past. Now they've got you! You have been emotionally hijacked.

Be Here Now

It's so important to "be here now!" Sadness, regret, and anger are emotions based on the past. Anxiety and worry are emotions postured for the future. Those are the only two places the ego can go to twist you up. Because here, right now in the present, everything is fine. You've heard that saying, "Be here now." If you do

that, you would never be held emotionally hostage by any of those negative emotions. You would be sitting in a state of well-being regardless of what life throws your way. That's our goal.

The twin sisters, Fear and Worry are always around. They will sabotage any forward motion in your life if you allow them. Reframing thoughts will separate the drama from the reality. For example, the initial fear is, "I'm never going to have enough money." Worry is the next step and comes up with all scenarios in which that could happen. The reality is that you can't be 100% sure of anything in life. Therefore, it's an irrational thought. Your behavior while having this thought is that you will feel anxious and afraid to spend any money. Your behavior, without this thought, is excitement about life, loving to move around freely, and enjoying all the wonders of life. This calls for a reframing of thought, such as, "Money comes to me easily and often."

Fear and worry will get in the way of all forward motion in life, from moving forward in relationships to getting new careers. They are two of the most paralyzing emotions that we have, and they need to be put in check.

What Scary Thoughts Do You Tell Yourself?

You always need to be on the lookout for your scary thoughts that are based on subconscious irrational beliefs. When you feel anxious, pause and check your thoughts. The only reason you would feel that anxiety in the pit of your stomach, or the middle of your chest, is because you are telling yourself something painful or scary. You are reliving a painful experience and guess what? It's up to you to remember that or be held hostage for not remembering that it is not your present reality.

Once you become an expert at “turning it around” and “reframing,” you will stop fear and worry from having their way with you. You can easily identify fear and worry by the anxiety you feel in the pit of your stomach, or the tightness you feel in your chest. Most often you feel anxiety and have no idea why. Well, it’s all connected to your thoughts. Anxiety, or that knot you feel in your stomach happens when you are frightened. When we are frightened, we stop breathing normally by taking in less oxygen. It’s a fight or flight response. You may also feel that your body has tensed up. Again, that is the deprivation of oxygen in your blood causing your muscles to tighten. So, the first thing to do is to take a deep breath. Breathing is the key to refocusing thought and energy.

Following the deep breath, focus on your thoughts. What scary story are you telling yourself? What were the thoughts running through your mind right before, or during the feeling of anxiety? You will be able to draw a direct correlation between your thoughts and the anxiety you are feeling. Once you have located the original fear you will be able to turn your thoughts around and reframe.

Turn It Around & Reframe

Let’s follow the steps for Turning It Around & Reframing your fear. You can download the pdf file for these steps at the end of this session.

1. Locate the original fear:

For example, “I am afraid I will lose my job and not get another one”

2. Ask yourself, “Can you be 100% sure that will happen?”

“No, I cannot be 100% sure that will happen.” We can’t be 100% sure about anything.

3. How do you react when you believe that thought?

“I’m afraid all the time and I am nervous at work.”

4. Who would you be without that thought?

“I would feel confident at work and do the best I can.”

5. Reframe by taking the fear and making a positive statement.

“I am good at my job and rewarded for it.” Turn the fear upside down, what’s the opposite of your fear.

6. Take a deep breath, close your eyes and visualize the outcome you want.

“My visual is doing my work well and being successful.”

7. Now hold that visual for a few seconds, feeling what that would feel like in reality and release that feeling into the universe as if you are sending off a letter to the universe letting it know what you want your future to feel like.

The feeling you get with any visual is the most important part. And it’s that part that you release into the universe to guide the energy in giving you the experience you truly want to live.

Persistent Twin Sisters?

Nicely done with Reframing. If the sisters are persistent, then make a 15-minute appointment with them for the following day. I say the following day because, often times, by the next day that fear and worry seems to disappear. If it doesn’t, keep that appointment and at the designated time let your negative thoughts have their way with you. Allow your “what if” scenarios to show themselves. At the end of the 15 minutes, say, “Thank you for sharing.”

Then Reframe, Reframe, Reframe! Take the negative thought and turn it around. In one sentence put your fear in context. Then turn it upside down by focusing on the opposite of that fear. For example, the fear is “I’m afraid I’m going

to lose my job and not get another one.” Reframe that thought by focusing on the opposite of it, “I will always be employed.”

Next ask yourself, “What’s going right?” Your list should, at this point, be very impressive. Make this list around your scary issue. In my example the scary thought was about losing your job, so in asking what’s going right, I would come up with a list. Perhaps the people at work are very kind to me, I’ve made a lot of friends at work, or in losing this job I will be set free from a job I don’t like. In focusing on what’s going right with that particular issue, you will be spinning the energy to the positive. You will notice that you have a lot going right, even in spite of your worry, which is all based on the cursed “what if’s.” This reframing will turn the energy in a positive direction. Once your energy starts spinning in a positive direction you will attract positive people, positive opportunities, and positive outcomes.