

Support Information for Ad On

Bonus: Excerpt from my book: *The Art of Fear, Why Conquering Fear Won't Work and What to Do Instead*

STRESS AND ANXIETY

Here's a monster subject, especially in today's modern world. It's clear that Stress and Anxiety have run amok. Why? Excessive Stress and Anxiety are, of course, 100 percent the result of repressed Fear. I'll say that again, because it's a big, big deal: Excessive Stress and Anxiety are 100 percent the result of repressed Fear.

Let me explain: Stress and Anxiety are Fear. Men don't like to call it Fear, because it's embarrassing. Women are more willing to call it Fear, although some call it Nerves, but make no mistake: This is Fear. Or rather, how Fear communicates. It's the language it uses. Fear speaks Stress and Anxiety. Fear uses the discomfort of Stress and Anxiety as language to get your attention.

As you know, Fear stuck in the basement feels threatened, even more stressed out and anxious than ever. It is going to communicate, then, not just as normal Stress and Anxiety but as excessive Stress and Anxiety. It is screaming from down there, "Pay attention to me!"

So not only will you experience excessive Stress and Anxiety by putting Fear in the basement. If you then also put its messengers—actual employees we'll now call Stress and Anxiety—in the basement, you have just stacked madness on top of madness.

Imagine for a moment life without Stress. And I mean all Stress. No Stress in love: Is he or isn't he into me? No Stress at work: Will this or won't this succeed? No Stress at the movies: Will they or won't they make it?

It would be dull, right? Without narrative Stress at the movies, you would walk out within five minutes and demand your money back.

Similarly, have you ever met a person bathed in pure inner peace, totally free from Stress? (Yeah, right.) Do they seem authentic? Is there much to talk about? Honestly, how soon before you roll your eyes and make some excuse to bolt?

Not only are Stress and Anxiety (and therefore Fear) natural, but we want some in our lives. Without it we would feel bored, less human, inauthentic, without highs and lows, without contrast—and frankly, little

would get accomplished if the whole world was sitting around all blissed out on pillows. Where would progress come from? Where would drive come from?

Some people even suffer from too little Stress in their lives. But chances are, that's not you. Too much Stress is by far the bigger problem. How can you tell the difference, then? What does too much Stress look or feel like?

Ha! That's easy. You know it when you feel it.

We seek to reduce the symptoms of Stress and Anxiety, learning relaxation techniques like deep breathing, being fully present, laughter, dancing, meditation, exercise and the like. Anxiety specialists also teach simplifying your life. This is all good stuff that makes you feel much, much better on the surface.

But look again at that first strategy. Do you recognize that the Controller uses these very same tools to repress negative voices? That means that, deep down, doing all this good stuff inadvertently causes even more excessive Stress and Anxiety. You may not feel it today, but you will over time.

Another problem with relaxation techniques is that they make the symptoms more tolerable, so who then bothers to address the underlying cause? If you have daily pain and deal with it only by using painkillers, it makes it so you don't have to look into what is causing the pain. It obliterates the symptoms but never addresses the underlying problem. One shouldn't skip a step. Figure out what's causing your pain, fix the problem (it may be something you've never considered before, like repressing Fear), then keep painkillers at the ready, should you ever need help again. Much more effective.

The second advice—to simplify your life—is also troubling. Doing less forces you to pick one thing over the other: Do all you want with your life (kids? Launch a business? A hundred tasks a day?) but have to endure a rat constantly gnawing at your belly—or limit your dreams and calm the rat down?

What if you want to accomplish a lot right now and have the energy to do so? The world is an amazing place, with so much to experience and create; you want to make your unique and creative mark. Sometimes having to make this choice is, well, tragic.

What if there was another choice, though? An alternative that's not just a treatment for symptoms, that actually addresses and fixes the true underlying problem?

It works like this: Overactive Stress comes from the Controller trying to control something it can't ultimately control, or trying to solve a "problem" it can't solve, usually Fear. Trying to control and "solve" Fear and Stress is, frankly, stressful. Trying to calm down Anxiety is like trying to calm down a volcano.

Doing the exact opposite—going belly-up and admitting that you can't control, calm down, or solve these things—leads to relaxation. "Honey, the volcano is erupting, and I can't fix it," you say while taking your pants off, flopping onto the couch, and opening a bag of Doritos.

For Stress and Anxiety are not the actual problem—trying to control or “solve” the Stress and Anxiety is the real problem, and the underlying cause behind the excessive symptoms. So long as you do this, and continue to believe that Fear is a blight and that Stress and Anxiety are unnatural and need to be obliterated, you will be pickled in it.