**How To Create Fear and Anxiety?**

Outline

Everyone is born with two fears: the fear of falling and the fear of loud noises. Every other fear in your life you have created. You weren’t born afraid of snakes, spiders, or even the dark. So, how are you creating all these fears and anxieties that you have? Understanding fear is the place to begin.

Fear is a secondary feeling. You will always feel something before you feel fear.

Fear does not happen spontaneously. You create fear by what you believe and think about yourself and the world around you.

Fear can be created by an internal left-brain stimulus, such as false or contradictory beliefs, or by an external traumatic stimulus, resulting in right-brain flashbacks, nightmares, or scary memories from the past.

To experience the feelings of fear, you must see yourself as having one or a combination of the following:

* See yourself as weak and vulnerable. Signs that you are weak and vulnerable.
* See others as being powerful and controlling. Of course, others are more powerful and controlling than you.
* See yourself as having something wrong with you. Even though you keep telling yourself that nothing is wrong with you, you always listen and feel things are wrong with you.
* See others as better than you. Of course, others are better than you. Don’t they have better jobs, make more money and people are drawn to them.
* See yourself incapable. How many things have you tried and failed at? Of course, you are incapable.
* See others as being capable. That is because they really don’t know you and how you screwed up in the past.
* See yourself as unlovable. Of course, you are unlovable; how long have you been waiting across a crowded room for somebody to suddenly see you?
* See others as more lovable than you. How many of your friends have found relationships where they are loved? And you have not!
* See yourself as defenseless. How many times have you had your feelings hurt and were defenseless?
* See others as hostile and dangerous.

How many of these do you see yourself as having?

Change from fear to peace requires that you believe four things:

* You are capable. Fearful people do not see themselves as capable of making friends.
* You make a difference.

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