

Handling Worry and Fear

Conquer Your Fear--But Don't Beat It to a Bloody Pulp

We chatted yesterday about those of us who worry and those who don't. Wanted to add a little Anna addendum. Which is this--not worrying is great, so is conquering your fear, but worry, in and of itself, isn't evil.

Those of us who worry can sometimes feel ashamed by our "weakness." But the thing is, worry is normal and natural, and quite often a left over "fight or flight" reaction from when we had to protect ourselves from prey a lot more often than we do today. Being overly sensitive to what worries you can mess up your day, even inhibit you from the life you should have, but the worry itself is a normal human reaction.

So, this is what I've learned. Use the worry. That's right, those of you who indulge. It's an early warning system of your very own. Take it as a hint, figure out what's bothering you, deal with the issue, and move on. Oh, and don't forget to be grateful for the worrying. That's right. Grateful.

You see, the things we cherish are our friends. Those we fear, are our enemies, and if we fear them too much, or let ourselves feel guilty with each and every "attack," even mentally punish ourselves for indulging, we're giving the worry more and more power in our lives.

So, seeing fear and worry as tools to better deal with the things confronting you is my suggestion for the day.