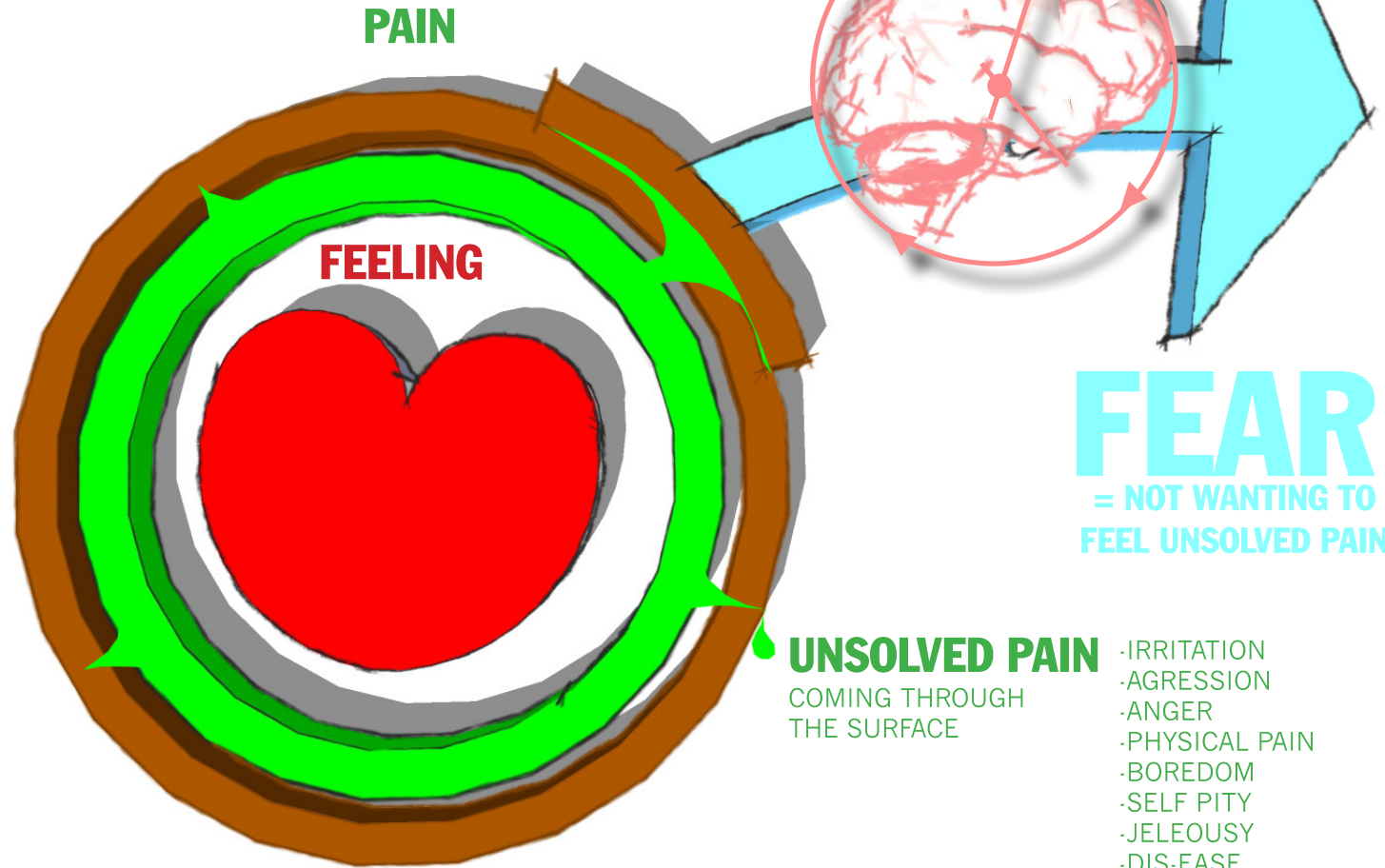


VIDEO 1.3. HOW FEAR WORKS

EXHAUSTING:
 -DEPRESSION
 -BURN-OUT
 -SUICIDE
 -CHRONIC FATIGUE SYNDROME

UNSTOPPABLE THINKING








HIDING PAIN BEHIND A MASK OF DISTRACTIONS




- CONTINUOUSLY THINKING
- BEING BUSY WITH BEING BUSY
- HAVING NO TIME
- RATIONALISING
- BEING BUSY WITH MOBILE DEVICE
- BUYING NEW THINGS
- CREATING SUCCESS
- BUYING A BIG HOUSE, CAR...
- CONTROLLING OTHERS
- PRETENDING TO BE HAPPY
- JUDGING OTHERS
- GAMING
- SUGAR
- FACEBOOK
- TELEVISION
- SUCCESS
- CONTROLLING
- PLEASING OTHERS
- SLEEPING
- ALCOHOL
- EATING EXCESSIVELY
- SEX/ PORN ADDICTION
- DRUGS
- WORKING
- EXTREME SPORTS

= CONTINUOUS FEAR THAT A DISTRACTION WILL FALL AWAY, SO THAT WE FEEL PAIN AGAIN

VIDEO 1.3. HOW FEAR WORKS

FILL OUT & CHECK THE BOXES

-  I understand that fear is: not wanting to feel unsolved feelings of pain
-  I understand that fear directs us away from feeling.
(see drawing on page 7)
-  I understand that thinking is used as a bandage to cover up unsolved feelings.
-  I understand by being radical honest with myself & by admitting that I still have fears and pains, this is the start of cleansing myself from it.
-  Write down all the things that you want or want to do, that will make you restless, irritated, sad, or even angry, when you don't get them immediately or can't do them:

-  I understand that the things I wrote down, at this point in my life are still things I want to use as a distraction away from my fears and pains.
-  I understand I first need to learn to feel completely fulfilled independent of these things first, before I can enjoy them in freedom of fear and pain.
-  I am ready for the next video: 1.4. The truth about fear and pain

