

When **FEAR** interferes

Dr. Andrew Collins



What do we mean?

Fear

Response to threat

Worry

Ongoing distracting thoughts that we are not safe



I'VE DEVELOPED A NEW PHILOSOPHY...
I ONLY DREAD
ONE DAY
AT A TIME.



Fear and worry in every day life

The 'background noise'

Dreams

Stress

Angry, defensive people

Self-esteem

Too busy

Superstitions



When fear interferes (1)

Generalised Anxiety Disorder

It involves my *thinking*

Worry

It involves my *body*

Shake

Tension

Light-head

Palpitations

Chest tightness

Restless

Startle

Irritable

Insomnia

Fatigue

Dry mouth

Sweating

Frequency

Swallowing

Nausea

Unreality



When fear interferes (2)

Panic attacks

It involves my *feelings*

It involves my *body*

It involves my *thoughts*

Catastrophic

It involves my *behaviour*

Escape!



When fear interferes (3)

Phobias

It affects my *feelings*

It affects my *thinking*

Fear of *specific* object or situation

It affects my *body*

It affects my *behaviour*

Avoidance or escape!



When fear interferes (3)

Types of Phobia

Acro(alto)phobia

Musophobia

Nyctophobia

Dentophobia

Agoraphobia

Claustrophobia

Taphophobia

Coulrophobia

Pogonophobia

Phalacrophobia

Arachibutyrophobia

Phobiaphobia



When fear interferes (4)

Social phobia

Fear of being 'under the microscope'

Humiliation



When fear interferes (4)
Social phobia – why does it happen?

Three things that keep it going

Fearful thinking

Safety behaviours

Anticipations and post-mortems



When fear interferes (5)
Not forgetting...

Obsessive Compulsive Disorder

Post-traumatic Stress Disorder



Fear – how can I cope?



Talking treatments

Simple self-help

Relaxation/breathing

Social skills training

Role-play

Feedback

Graded self-exposure

'One step at a time' approach

Cognitive Behaviour Therapy

Involves the thinking

Coping with a panic attack



Physical treatments

Anti-anxiety medications

Calming the body



Fear tells a story



What is fear?

A response to threat

We live in a world of threats

A response that registers in our bodies

It tells a story about our hearts

Fear tells a story about the future...

Fear is a **test** in the face of threat

...Is it sin?



Walking with the fearful

We listen

What are we aiming (praying) for?

Grow in hearing God in our fears

Trust the Lord until body hears!

Trust the Lord until mind hears!

Grow in confidence in promise of grace



Walking with the fearful

We **speak...**

Do not fear

Fearing the Lord

who hears

who cares

who gives

who promises

who delivers

...hope and trust in this Lord



Walking with the fearful

We speak...

*“Humble yourselves therefore under God’s mighty hand, that He may lift you up in due time.
Cast all your anxiety on Him because He cares for you”*

1 Peter 5:6-8



Walking with the fearful

We walk: Love others, live by faith

Controlling thoughts by faith

Loving others

Face fears by faith



"Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

John 14:27

