

Fear dynamics¹

Fear is not only handy. It is also awful. Reality is harsh, and when we face it - in all the forms that we then make it look like - it can shake us up cruelly. Very unpleasant feelings may rise up from the bottom of our soul. With trial and error you learn to live with it, and to be one with it. And even then there sometimes is the blind **anger** that can arise about its uncontrollable nature when one has been exonerated from it for a while².

Every indulgence is simply delightful cause it pulls you for a moment out of sight of the flimsy way in which we are positioned on this earth, indeed extremely unsteady, and continually being obliged to search for balance when dealing with changing circumstances, dangers, and threats. Every interaction with an aspect of our environment (including our inner self) can go wrong if we do not **carefully** base our behavioral determination on estimations and expectations of external influences and their consequences.

Fear embodies that carefulness. It is part of our life, just like our blood, death, and exhaustion. Accepting this life as a whole is often not easy, can often make us angry or confused. But as for fear: if it is kept in good shape and not constantly avoided, and the dosage (how much behavioural determination do we start, and how risky are the situations) alternates with hope, relief, and satisfaction, the anger surrounding it may melt by compensation. Fortunately, that's also how it's running.

And anyway, life - if you sometimes really don't feel like it at all - quite often is hard swallowing. We were never promised a rose garden. Make yourself small, and let it go. No solutions anyway.

1 Detailed descriptions of how fear is intertwined with thought during decision making can be found in the chapter 'Limits to thought' in [Tackling Human Complexity](#).

2 E.g. because of a long party, intensive lovemaking, a free summer, or just lucky that everything went smoothly for a while, and the circumstances did not raise problems that had to be checked for unpleasant possibilities and eventualities.