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I agree with this opinion, but I also believe that fear is expressed in the person's benefit. After all, he conceived of nature as a protective function of the psyche. It was fear that allowed our distant ancestors and allows us today to avoid dangers: do not climb into the mouth of the saber-toothed tiger, do not climb into the transformer box, do not walk at night in the slums. Reasonable apprehensions are natural and prolong life.

But many people have fears and phobias formed from parents or news. Such fears poison life.

I believe that fear, greatly reduces the quality of life and limits people. Fear changes a person's personality. Out of fear, a person begins to adapt, endure. But all our fears, as usual, lead to childhood. The first and most important thing that a newborn can receive from parents is a sense of security. This happens if the parents are calm, balanced, psychologically stable, loving, not prone to fear. A child can be traumatized in a kindergarten or school, because of which he develops fears and even phobias, which are fixed and continue to manipulate him when he grows up.

If the level of fear in adulthood goes off scale and prevents me from living, I believe that you need to seek help - including, for medication. Today there are effective anti-anxiety drugs that help, for example, in panic attacks. And there are psychologists who work with fears and phobias.

And most importantly, you do not have to endure anything. Forget about "be patient, and then suddenly become worse". Do not like spouse, work, life - do not be afraid, you have to change them!

And, by the way, when people stop tolerating, it turns out that they were in vain afraid: life only became better.