



How to deal with **Fear**

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Anxiety States

- Includes primary panic disorders, generalized anxiety, and obsessive-compulsive disorder.
- On the other hand, there are ‘anxiety states’ in which the main problem is the free floating anxiety mentioned above, often to the point of a sense of overwhelming panic and a sense of impending doom. These may be accompanied by a wide range of physical symptoms including: lightheadedness, pounding heart, sweating, chest pain, breathing symptoms, etc.. Most people will recognize some of these symptoms normally during very stressful moments. Free-floating anxiety is also a major symptom of depressive states, hysterical reactions, and some psychotic illnesses.

Phobic Disorders

- Includes agoraphobia (fear of either being alone or in public) with and without panic attacks, social phobias (fear of public humiliation), and simple phobias (fear of certain objects or animals).
- There are phobic disorders in which an unnatural fear of something is present, such as fear of heights, crowds (agoraphobia) or other phenomenon.

Post-traumatic Stress Disorders

- Characterized by abnormal psychological reactions to stressful events (i.e. war experiences, physical abuse, sexual abuse, etc.)

Anxiety

Definition of Anxiety

- Anxiety is a sense of being out of control, instead of letting God, Who is sovereign, be in control.
- Anxiety is a fear of the unknown, instead of trusting in God Who knows everything.
- Anxiety is a dread of bad things that might happen, instead of preparing for the worst and hoping for the best.
- Anxiety is an assumption that bad things could occur, instead of living by faith through prayer.
- Anxiety is a sense of uncertainty, tension, or uneasiness about a future event, but not certain of what the specific event or thing feared.

- Anxiety is an uncomfortable feeling of dread characterized by nervousness, tension, and apprehension.
- Anxiety is a defense mechanism to cope with stress or uncomfortable circumstances.
- Anxiety occurs when a person becomes afraid to look at a negative emotion inside.
- Anxiety is an adaptive feeling experienced by all humans to something unpleasant and generally leads to some action to relieve the feeling.
- Anxiety that is free-floating is a term used to describe a lack of focus on a specific target unlike a fear that develops in reaction to a specific, real, or imagined danger that has no obvious cause of which the person is aware.
- An exaggerated state of anxiety resulting in a profound disturbance in one's ability to function is called panic.

Characteristics of Anxiety

- | | | |
|---|--|---|
| <input type="checkbox"/> Headache | <input type="checkbox"/> Aching | <input type="checkbox"/> Obsessive and compulsive tendencies |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Shortness of breath | <input type="checkbox"/> Insomnia |
| <input type="checkbox"/> Numbness | <input type="checkbox"/> Chest and abdominal pain | <input type="checkbox"/> Menstrual difficulties |
| <input type="checkbox"/> Tremors | <input type="checkbox"/> Palpitations | <input type="checkbox"/> Anticipated failure or rejection |
| <input type="checkbox"/> Sweating | <input type="checkbox"/> Nausea | <input type="checkbox"/> Anticipated problems |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Vomiting | <input type="checkbox"/> Series of anxiety-producing events |
| <input type="checkbox"/> Dry Mouth | <input type="checkbox"/> Changes in appetite | <input type="checkbox"/> A sense of dread or doom |
| <input type="checkbox"/> Lack of energy | <input type="checkbox"/> Diarrhea | <input type="checkbox"/> Physical or emotional fatigue (cup is full) |
| <input type="checkbox"/> Flashbacks and nightmares or extreme jitteriness for years after the event | <input type="checkbox"/> Abnormally severe or prolonged reactions to traumatic incidents in which the reaction fails to subside within an appropriate period of time | <input type="checkbox"/> A situation turned out differently than expected |

Symptoms of a Panic Disorder

A panic attack typically lasts for several minutes and is one of the most distressing conditions that a person can experience. Most who have one attack will have others. When someone has repeated attacks, or feels severe anxiety about having another attack, he or she is said to have panic disorder. Symptoms may include:

- Pounding heartbeat
- A sense of being trapped
- Racing or chest pains or tightness of the chest
- Anger
- Dizziness, lightheadedness, nausea
- Excessive worry
- Difficulty breathing or hyperventilation
- Panic
- Tingling or numbness in the hands
- Fear of dying
- Flashes or chills with sweating
- Fear of losing control and doing something embarrassing
- Dreamlike sensations or perceptual distortions
- Terror – a sense that something unimaginably horrible is about to occur and one is powerless to prevent it

How to Deal with an Anxiety or Panic Attack

- Recognize your honest feelings and express them to someone in an appropriate manner.
- Confront your fears by determining exactly what specific fear you have. When anxiety starts to surface, stop and ask yourself, “What negative thoughts am I thinking?” Then see the circumstance from a positive perception (2 Peter 5:6-10; Matthew 6:25-28, James 1:8).
- Double mindedness—Plan A vs. Plan B (Matthew 6: 19-34)
- What do you believe about this event? What does the Bible teach about our proper response to this? Separate facts, assumptions, and feelings. What do you treasure? Who do you trust?
- Write down your feelings concerning what happened in a diary or a notebook.
- Plan how you will respond step-by-step if a panic attack occurs. Take time to relax and do something

that you enjoy. It is okay to relax. Breathe deeply and slowly, and practice relaxation exercises.

- Determine if you have the right or ability to control.
- When anxiety starts to build, read your Bible and pray. (Emotional Regulation)
- Find a constructive outlet for your stress through regular exercise. Get adequate sleep and develop proper nutrition.
- Talk to a trusted friend who will listen when you are anxious.
- Establish healthy relationships and avoid unhealthy one. Mutual Emotional Regulation.
- Do not focus on past mistakes or hurts. You can learn from the past but not change it. Focus on positive improvements you can make in the future.

Phobia Disorders

Definition of Phobia

The American Psychiatric Association defines a phobia as an irrational fear even though all fears are based on a rational premise. Phobic fears are created to protect your ego or to save your life. Your brain likes to stay alive and when it gets threatened, it warns you and tries to protect you by scaring you into safety. If your brain thinks your self-esteem is at risk, it will scare you into avoiding that situation. It is estimated that ninety percent of humans have restrictive fears. Often phobias are hidden in terms such as “I don’t like to.”

Obsessive Compulsive Disorder (OCD)

An obsession is a recurrent and often persistent idea or thought. It is often senseless, absurd, intrusive, bothersome and embarrassing. They are never acted upon, but create intense anxiety. A compulsion is a repetitive, intentional behavior that is done to relieve the anxiety produced by the obsessive thought. It often involved checking, counting, or washing. Obsessive-compulsive disorder (OCD) is an anxiety disorder.

The Process of Fear



der that is characterized by the presence of obsessions or compulsions (or both). Obsession and compulsions are distressing and time-consuming, or interfere with the person's normal routine, daily functioning, and relationships with others.

Obsessions are recurrent and persistent ideas, thoughts, impulses, or images that intrude into an individual's thinking. Obsessions are capable of producing tremendous anxiety or feelings of discomfort such as disgust and guilt, even though the individual experiencing them is usually aware of their senseless, irrational, nature. Common obsessions reported by individuals with OCD include fear of contamination, harm, illness, or death. Compulsions are repetitive, purposeful behaviors performed in response to an obsession. Individuals perform these actions or rituals to relieve anxiety, avoid some dreaded event, or to prevent or undo discomfort. Common compulsions include washing, cleaning, checking, repeating, touching, and counting rituals.

The old person will struggle with nagging questions:

- What if....
- What about...?

They will usually question their salvation. They might be fearful of blaspheming the Holy Spirit.

Obsessive Compulsive Tendencies

The Goal of the Enemy

To use the obsessive compulsive tendencies to make your life miserable and make you question the soundness of your mind to the point where you cannot do the simplest things and your life falls apart.

Spiritual Problems that Promote Obsessive Compulsive Tendencies

- Fear
- Confusion
- Perfectionism
- False Beliefs concerning how certain things must be done

Ways the Enemy Feeds Obsessive Compulsive Tendencies

1. Questions in the mind. “What about _____?” These questions prey on the fears, perfectionism, confusion, etc.
2. Deception—“If you _____ again, there will be peace.” Any peace is short in duration.
3. Increasing the *downward spiral*. The more the thought or behavior pattern is followed, the harder it is to end it.
4. Increasing fear and loss of self-confidence. As obsessive compulsive tendencies control more of your life, the less confidence you have until fear and uncertainty are in control.

What to Do

1. Take action at the critical point in the process. When something has been done and the temptation comes to “check it”—at the point when the fear, confusion, or thought to do or think it “just one more time” comes, this is the point when you must say, “No” and move on. Then peace comes.
 - God says, “Move on and you will experience peace.”
 - Satan says, “Check it again and you will experience peace.”
 - To say “No” and move on at the critical point is not easy, but it can be done.
2. Claim the truth. You do have a sound mind because that is what the Scriptures say God has given you.

Conclusion

We are in a battle, and Satan has many ways to destroy us. Getting us involved in obsessive, compulsive problems is just one way. We need to know how Satan works in this area, but it is not enough to just know his tactics. We must resist him to experience the victory and peace which those who are spiritually oppressed desire so much.

Stress

Definition of Stress

- Physical, mental, or emotional tension or strain. What is stress for one person is a source of relaxation for another. Stress is the body's physical response to a demand made on it. Some stress is good for us. It can motivate and challenge us. When our stress level gets out of balance, we begin to suffer the physical and emotional effects of stress.

Causes of Stress

- Perfectionism
- A need for control
- People pleasing
- A need to appear overly competent
- Unrealistic expectations
- Failure to plan and prepare

Symptoms of Stress

- Do you suffer from frequent headaches, insomnia, or chest pains?
- Do you need medication or alcohol to relax?
- Are you frequently irritable?
- Are you tired most of the time?
- Are you a chain smoker?
- Do you often have butterflies or knots in your stomach?
- Are you often tense?
- Do you frequently have neck and back aches?
- Do you ever feel like you may explode or lose control sometimes?
- Do you often find yourself either depressed or angry?

Practical Ideas for Coping with Anxiety Disorders

1. Get a complete physical checkup. Luke was a physician. Only take medicine when advised by a physician. Avoid the use of alcohol, drugs, etc. I Timothy 5:23
2. Start an exercise program at least three times a week for twenty minutes. Jesus walked daily (I Corinthians 9:27).

3. Accept the fact that everyone has stress. Change your attitude about stressful or anxiety producing situations (Philippians 4:11; Hebrews 13:5; Hebrews 12:6-7).
4. Find a friend or counselor to talk with about your problems (James 5:16; Proverbs 11:14; 15:22; 24:6).
5. Develop a constructive outlet for your stress (Ephesians 4:15; 1 Corinthians 9:27). Tension or stress repressed inwardly can result in sickness.
6. Have a specific procedure for dealing with problems that arise. Prepare for the worst and hope for the best (Proverbs 2:9-12).
7. Work at maintaining a balanced lifestyle and eat properly (II Timothy 1:7).
8. Renew your mind with Scripture (Romans 12:1-2; Psalms 1:2; 2 Corinthians 10:5).
9. Have several hobbies or activities to participate in when anxiety or depression starts to set in. Paul made tents. Make a list of ten things that you will do whenever you start to get depressed.
10. Get adequate rest and sleep (Matthew 11:28-29).
11. Plan daily activities ahead of time and try to stick to your schedule even though you may not feel like it (Galatians 5:24; James 1:22; Proverbs 6:6-8).
12. Join a social group or plan activities involving other people. Participate in planned recreation activities (Galatians 6:2).
13. Set aside time daily for prayer, Bible study, and Scripture memory (2 Timothy 2:15; Psalm 119:11).
14. Attend church every week unless physically ill (Hebrews 10:25; 1 Corinthians 16:1-2).
15. Participate in some ministry where you can help others (2 Corinthians 5:18-19; 2 Corinthians 1:3-5).
16. Resolve anger in relationships before the sun goes down (Ephesians 4:26; Matthew 5:23-24).
17. Confront your fears in an appropriate manner with courage and strength (Proverbs 3:25; Psalm 27:1).
18. Set high enough standards for your habits and behavior. Set limits for your life and learn to be assertive (Psalm 119:105; 1 Timothy 4:8; 2 Peter 1:6-7; Ecclesiastes 12:12; Proverbs 4:14-15).
19. Set realistic expectations for yourself and those around you and look at the positive aspect of circumstances (Philippians 4:8; Proverbs 3:8-9).
20. Avoid any substances that you may be allergic to such as corn, wheat, eggs, tomatoes, citrus, or chocolate.
21. Establish specific priorities of things to do for the day by writing them down and placing a number of importance next to them with (1) being the most important and (10) being the least important. Delegate to others what others can do.
22. Try to limit major changes in your life over a two year period to reduce stress.
23. Develop a sense of humor (Proverbs 15:13; Proverbs 17:22).
24. Learn to forgive (Matthew 6:12, 14, 15).
25. Do not dwell on the past but set goals for the future and work towards them (Philippians 3:13-14; Ro-

mans 12:1-2).

26. Trust in the Lord to help you with problems that you cannot solve by yourself. Stop trying to control everyone and everything! (Proverbs 3:5-6).
27. Get up and do something constructive (James 1:22).
28. Stop assuming what others think and do, and simply ask (James 4:3). People often assume how the other person perceives of an event, what mood they are in, how they feel, the meaning of the words they use, their values (how important something is on a scale of 1 to 10), their motives, the meaning of their body language or tone of voice, how they think others will respond before given them a chance and giving them their personal preferences.

How to Renew Your Mind

Challenge Your Thoughts

- The thought can come from Satan so RESIST IT (James 4:7)
- The thought can come from the World so FLEE FROM IT (1 Timothy 6:11)
- The thought can come from the Flesh so CRUCIFY IT (Galatians 5:24)
- The thought can come from God so OBEY IT (Joshua 1:8)

Curb Your Thoughts

- If the thought comes from God then it will always be consistent with Biblical truth. What does the Bible say about it? (2 Timothy 2:15)
- If the thought comes from God then it will always be consistent with absolute truth. What would happen if everyone in the world did this? (Matthew 7:17; 7:19)
- If the thought comes from God then it will always be consistent with theological truth. Is it consistent with the nature and character of God? (1 John 1:5; I John 2:11)

Change Your Thoughts

- Recognize your false belief or perception. What belief or attitude is causing me to have this problem? (2 Corinthians 10:5)
- Replace it with a righteous belief or perception – what is the true belief that God wants me to have? (Psalm 119:11; John 8:3)
- Responsibly plan an appropriate righteous action. What response or action should I have next time this occurs? (Psalm 12-)
- Repeatedly practice the righteous behavior by faith (Philippians 4:9)