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Atychiphobia

By: Sheri Fluellen

Atychiphobia is the name for the unwarranted and persistent fear of failure. It is a given in life that we will fail. No one can live a life of perfection. So why do we let the fear of failure overpower us? Sometimes it is based on our past. We may have failed in something and other people made a big deal about it, leading us feel worthless. We may have a sense that we *should* have been better. By letting those thoughts and past events rule your life today is not doing yourself any favors. You have skills and abilities that are unique to you. You are staying stuck in mediocrity at best when you don't take steps in faith and try doing something that is uncomfortable or "risky". I implore you to press on despite any fear of failures you might have, and you will be one step closer to living a life that genuinely makes a difference to others and that maximizes your impact in the world. Michael Jordan has said, "I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." Theodore Roosevelt asserted, "Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure... than to rank with those poor spirits who neither enjoy nor suffer much, because they live in a gray twilight that knows not victory nor defeat." Benjamin Franklin said, "Do not fear mistakes. You will know failure. Continue to reach out." Lastly Zig Ziglar said that, "Remember that failure is an event, not a person." Your fear just might be the biggest obstacle holding you back from greatness.

Sesquipedalophobia: This term refers to the fear of long words, and



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Fear is Our Ally

By: Sarah Tilley

A few years ago, my husband and I enjoyed a horseback ride on the beaches of North Carolina's Outer Banks. Our experienced trail guide, we will call him Mac, shared a story with us in which fear played the role of the hero.

Mac was relaxed in the saddle as he and his horse enjoyed the warm rays of the late spring's sun in the Rocky Mountains. His horse was the first to notice a danger. The horse's head shot up as her breath quickened, making loud snorts. No longer relaxed, Mac scanned the surrounding area for evidence of the danger that his horse already sensed.

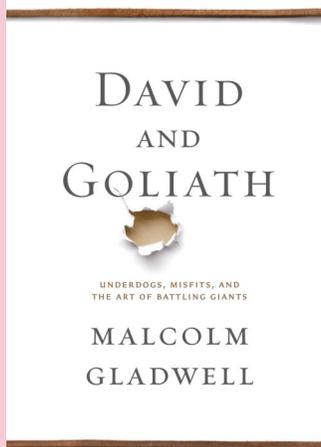
The horse's hooves hit the ground with quick and heavy thuds as she anxiously maneuvered to back away from the threat that remained unseen to Mac's eyes. "Is it a bear or a grasshopper?" Mac wondered, knowing horses sometimes react to benign sounds as if they were lethal threats. The moose that moved into Mac's line of sight was anything but a benign threat. Moose are known to have unpredictable aggressive behavior and have charged at both people and horses. Mac was now consciously aware of the danger that his horse instinctively knew. (Continued on pg. 2)



Mnemophobia: The fear of Memories

Advantages of Being the Underdog: A book review

By: Linda Malm



Goliath's bigness was also his disadvantage. He moved very slowly, and he expected David to get close enough so he could use his weapons (javelin or sword). David chose instead to use his advantage of swiftness and experience slinging a stone. That may sound kind of wimpy, but slingers could accurately deliver a rock at great velocity with extreme accuracy. So while Goliath expected David to use his method of battle, David used speed and accuracy to plant a rock in the unexposed area of Goliath's forehead. He fell stunned by the blow and David finished him off. The Philistine army

fled when their hero fell, leaving victory to the Israelites.

The moral of this story is that giants are not what they seem, whether the "giant" is discrimination, coping with a disability, losing a parent or suffering from other apparent setbacks. Gladwell goes on to tell stories of underdogs who used unconventional approaches to open doors and create opportunities for success that seem unthinkable. If you are facing any "giants" in your life, this book can show a new way to look at the advantages of being an underdog.

COURAGE is **action** in the midst of **fear**.

Syngenesophobia:

While there are certainly jokes about scary step-mothers or in-laws, this phobia refers to the fear of all relatives. (1)



"Without fear there cannot be courage."

-Christopher Paolin

A nation that is afraid to let its people judge the truth and falsehood in an open market is a nation that is afraid of its people.

- John F Kennedy

This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.
Joshua 1:9

What could be more fear producing than being a kid who has to fight a giant? Malcolm Gladwell gives a new perspective in his book David and Goliath, to challenge how we think about obstacles and disadvantages.

Goliath, the Philistine warrior was at least 6'9"”, wearing a helmet and full body armor. He carried a javelin, a spear, and a sword. He taunted Israel to send a man to fight him to see who would be slaves of the other. He was very confident in his 'bigness'. Seeing the terrifying giant, no man moved an inch in the Israelite camp. Then a shepherd boy named David, who had experience fighting lions and bears that attacked his sheep, volunteered to fight the giant. Saul had no one else to send and reluctantly agreed. But how could the underdog possibly win?

Autophobia By: Sheri Fluellen

Autophobia is the name for the fear of being alone or by oneself. This is a common fear that ends up leading people to relationships that are abusive, difficult, or at least are unfulfilling. The fear of being alone is often coupled with dissatisfaction with self. Being around other people tends to distract us from ourselves. If you find yourself inexplicably drawn to other people and needing attention, then you might be the victim of autophobia. The first step in moving away from being ruled by this fear is spending more time alone. This will help you uncover what issues are really at the root of your fear. When you take away the distractions, you are left with brutal honesty in your self-evaluation. Recognize your own honesty may not be objective reality, but it is where you need to start. Become more okay with yourself and you become more okay with some alone time.

Nomophobia:

This modern phobia affects people who are very afraid of losing cell phone contact.
(1)



“So, first of all, let me assert my firm belief that the only thing we have to fear is fear itself—nameless, unreasoning, unjustified terror which paralyzes needed efforts to convert retreat into advance.”

—Franklin D Roosevelt’s inaugural address to the nation upon being elected President in 1932.

Fear Is Our Ally (continued)

Rather than attempting to negotiate with his fear stricken horse as the distance between them and the approaching moose shortened, Mac trusted fear to do its job. He dropped the reigns and tightly gripped the saddle for what would become a ride for his life. Just before the antlered beast charged forward in a fit of fury, his horse turned and bolted in the opposite direction. Mac survived by dropping the reins and becoming a passenger as his horse escorted them to safety. Fear signaled his horse to do the one thing that would keep them both alive; move away from danger. When an animal is in danger, the brain responds by signaling the body to fight, flight, or freeze. As an animal that is primarily targeted as prey by predators, horses usually choose to take flight (move away from the danger) as quickly as possible. The sympathetic nervous system protects the horse through dumping adrenaline into the blood stream. The horse’s heart races as it rapidly pumps blood to the limbs and giving the legs the power to fight or flight. Rapid breathing attempts to move more oxygen to the heart and brain, sharpening the senses. The muscles become tight and rigid with energy as the horse launches itself into flight.

At a safe distance, Mac needed to regain control of the fear-fueled animal that was deep in the grips of survival. Mac loosened his white knuckled grip on the saddle, recollected the reins, and began the process of slowing his horse. Adrenaline was pouring through the horse’s system, and it took time for the horse to calm.

When the threat has been successfully evaded and the time for flight has passed, the parasympathetic nervous system takes over and gets to work restoring calmness. The brain signals the heart to slow and the muscles to relax. Order is restored.

In this case, Mac trusted the horse’s instincts and abilities to survive. Fear was appropriate when facing the unpredictable behavior of an 1800 lb. wild animal. It was time to move and Mac didn’t argue. Fear kept them alive.

But let’s turn this into a practical life metaphor. Fear becomes a problem when the parasympathetic nervous system does not calm the horse. When we live in fear, we feel we have no reins as we cling helplessly on an animal fueled by the fire of fear, and life may feel out of control.

When the horse is still fleeing from a moose that is long gone, that is when it is time to consider that an anxiety disorder may be present. Anxiety can present itself as restlessness, irritability, shakiness, poor concentration, and a very low tolerance for frustration. When our senses are heightened, we may startle easily because sounds appear louder or light may seem brighter. Further impact is that it is difficult to learn, sleep, focus, or take in new information because our brain is occupied with responding to a threat that is not physically present.

Though safe from danger, Mac’s horse tore down the trail as she could feel the breath of the charging Moose on hocks. Nearly missing trees, branches slashed at them as his horse violently roared through the woods. Mac began to act as a supporting role to his horse’s parasympathetic nervous system as he recollected the reins, used a soothing voice, and shifted his weight back in the saddle. These changes in behaviors were familiar to the horse’s brain. They served as a cue of calmness and safety. She didn’t stop immediately but gradually slowed to a more manageable gallop. Patiently, Mac reassured his horse’s mind that the threat was gone through cues of safety until she found a walk.

Mac and his horse returned to the trails a few days later. The choppy walk and rigid neck muscles of his horse notified him that his horse was nervous to return to the place of the antlered beast. Mac would admit that he was a little nervous himself. The brain records fear-filled moments so it can remind us to avoid these dangerous places in the future. Mac, however, was of the opinion that a man must face his fears....a man, his horse, and a 12 gauge shot gun.

Fear is our ally. Its purpose and intention is to keep us alive. Just as Mac trusted his horse’s fear as an ally; we may also trust our fear (our gut) in moments of danger. Sometimes, however, our fear acts like a runaway horse dangerously barreling through the woods, unaware that the treat has either left or was never really present. Those are the times when we must find familiar cues of safety. We must breath slower, gently pull back on the reins, and listen to the soothing sounds of voices we can trust.



I think I'm afraid to be happy because whenever I get too happy, something bad always happens.

- Charlie Brown



THE CURE FOR FEAR By: Sheri Fluellen

If I had a nickel for every time someone asked me how to get over a fear, I'd be a nickelairre. Here is the secret: DO what you are afraid of. The cure for fear is really quite simple. You have to do 'exposure therapy' in some form or fashion. It might be actually doing the thing you fear or it might just be visualizing yourself doing it (en vivo desensitization). If you can envision yourself in a situation, that might be sufficient exposure to help reduce your fears. An important part of your desensitization is sticking with the experience until your fear reaction has subsided. (at least somewhat). Despite how you feel

during your exposure, I promise you that your heart rate will start to naturally slow down again and your breathing become less shallow. You have to get the cognitive and physiological experience that you survived the event and can do it again. Typically people need to do graded exposure- meaning you start with a scenario that is mildly anxiety producing and work your way up to something that used to be terrifying. Some people have success with "flooding", which is just giving yourself over to the full experience (and surviving). Give it some thought, develop a plan, rate your anxiety on a scale from 1-100 while you are doing your exposure, and give yourself

Ancraophobia: The fear of wind (1)

LOTS of credit for doing however much you did. Getting over fear is, by definition, difficult.



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