

ENG 1101

November 1, 2020

Professor Jennifer Sears

Has being afraid stopped you from doing something that can possibly benefit you? Fear is one of the most powerful emotions. Being afraid can prevent you from becoming who you really are and can cause anxiety and stress. The reason I say this is because if you ask yourself a simple question along the lines of "where do I see myself in 5-10 years" most of us will respond with wealth and success. That's what we want to become and be, but there are many challenges that lie ahead. I have personally been afraid whether it was participating in the class, working a job, and even talking in front of a crowd. This has led me to lose the opportunity for scholarships, awards and as stated before from working. Of course, this brought attention to my eyes because not only can help me but many others with the same situation I go through. While discussing some of the negative effects of being afraid, I hope to discover ways to overcome fear.

Steimer, T. (2002). The Biology of Fear and Anxiety Related Behaviors. *Dialogues Clin Neurosci*, 4, 231-249.

This article basically states the natural expressions and signals that the average person goes through when they are experiencing anxiety and stress, which is fear. It also stated when these actions may occur. For example an exam coming up, public speaking, a date and many more. These affects can either last short term or long term depending on your situations. Also mentioned in the article, fear and anxiety can take over your life effecting

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your daily habits. Effecting the way you eat, the way you sleep, concentrate and mood. This then effects your thoughts and perception on certain things that have a possibility of causing this anxiety and fear. You start to avoid any situations can make you anxious and it becomes a cycle. Furthermore, it states that one of the biggest reasons people are anxious and afraid is because we are afraid of failure. Sometimes fearing failure can either make or break you and most of the time you need to find ways to coupe with this feeling.

This article is very true and extremely relatable. There have been many times that being afraid and anxious caused me to sleep less, eat differently, how I concentrate because I am so anxious on that one topic, and how I react all day (Bad mood). I also agree with this article because it is very relatable. In a period of our lives we've all been concerned about how we will perform in an exam or around others. How you act to your fear is what determines your success or not. For example, if you know you have an exam due next week. Set a schedule up for you to study. If you know you are shortly attending a public meeting/ speaking, try to perform it before. This can apply to your fears and reasons on why you feel anxious.

Gray, J.A. (1988). *The Psychology of Fear and Stress* (2nd ed). Cambridge University Press: New York.

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This article states that because of your fear, you might avoid certain situations that you want or need to do. It says that one of the most of the effective ways to overcome your fear is to expose yourself to it. Trying to learn how your fear and anxiety works. What tends to cause your anxiety and how to decrease the likelihood of it happening or prevent it. Learning how to relax while exposing your fear and controlling the situation as much as possible is another way to effectively. They also mentioned that other around you play a big factor on why you're afraid and anxious. Those that support your actions and opinion often help you cope with your anxiety and fear, but those who critic your actions and opinion don't help.

Once again, I agree with this article because it stated that your fear can cause you to deny activities you want to do because you want to avoid your fear/anxiety. One example I can give that personally, was when I was in my in my sophomore year of high school my school was offering jobs but it had involved the dream team. This is where the students will make the announcements through the speaker filling a counselors role and I was so afraid of what others thought and and nervous about the aftermath I ended up denying their offer. The reason I agree is because of the crowd I had around me at the time. I denied the offer because I was afraid of what they would think of me, and what the rest of the students there would think of me.

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Emmelkamp, P.M.G. (2003). "Behavior therapy with adults." In: M. Lambert (Ed.). Handbook of Psychotherapy and behavior change (5th Ed). New York: Wiley, pp. 393–446.

Anxiety is a type of fear, other wise known as worrying and concerned. This means there are many ways to cope with it and calm it down. Anxiety can be coped with very easily because unlike many other fears, it is something that is expected to happen in the future instead of present. They also gave a listing on when you might be experiencing anxiety and what can help reduce your anxiety. For example music, exercise and even spending time with family.

I definitely agree because there have been many times I feared about my performance of a test or an assignment and listening to music or hanging out with family calmed downed my anxiety. Sometimes if there is an assignment due that night, listening to music helps with the anxiety as well. All this seems to be relatable and that is part of the reason I chose these articles.

In conclusion, after reading all articles I definitely found new ways to cope with fear and strive for my goals easier without being so anxious. I was surprised in the 1st article because most of what was stated I have experienced in real life. I was also surprised at the fact that their are so many ways to help reduce your anxiety because it will help me ease my anxiety.

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Most of these article answered my question and the reason I asked the question. I think what I learned is an important topic especially for freshman students because online school is a new experience to most of us, and doing class work & exams can be stressful. Also I feel like its important because many of us are afraid and never are willing to try new things.