

Essential Components of a Healthy and Fulfilling Life: What Goes Wrong

Stimulates fear, which narrows focus & limits new learning & creative thinking

Belief without clear evidence or reasoning
Increased vulnerability to manipulation

Leads to seeking power over others & benefiting at the expense of others

Chronic Tension

Restricted Awareness

Distortion of Truth

Exclusion and Isolation

Self-escalating process

BODY
Increasing tension leads to over-activation of sympathetic nervous system

Health maintenance compromised

Increased likelihood of illness & injury

Lost efficiency, productivity

MIND pulled to focus on possible threats

EMOTION
held, numbed and/or Reactive

Control, Blame

Defensive, Competitive

creates emotional recycling

Habitual Fear & Fear-based Thinking

Restricted learning & creativity

Fixed frame

Rigidly held beliefs

Closed to new perspectives

Oversensitive to possible threats

Opaque filter

Emotions limit & distort perceptions

Narrow/scattered focus

Unaware of influences on thinking / perception

Unaware of effect of actions

Heart

Increased Self-centeredness

Unaware of other's needs or effect of actions on others

Mind

Linear thinking
Narrow justification for ideas & positions

Bias, Certainty, Control, Spin

Ignore context, effects of actions, & related issues

-Loss of critical thinking,
-Lack of questions

Authenticity

Distorted self-image

Focus on image

Superficial

Lose connection with natural world

Belonging becomes conditional

Breakdown of community

Mistrust

Rejection of those who don't share beliefs

Suspicion of those perceived as different

Core Problem FEAR