

Behind the Lesson:

Scientific concepts used in How to be Fearless

What is Fear:

Fear's start as a thought that affects the body. The body then creates repetitive behavior as a sort of feedback loop where the body repeats the same chemical responses (cortisol & adrenaline) every time that fear reappears. But the body's chemical relays are faster than the brain's. Also, stress from being in a situation that makes us feel unsafe makes the body jumpstart its survival processes, which makes it hard to think because it shuts down all extra thinking. Understanding how the body affects the mind is an important fact to remember when balancing the control fear has.

<https://www.takingcharge.csh.umn.edu/impact-fear-and-anxiety/>

Subjective Vs. Objective:

At this age children learn about subjective ideas being tied to feelings and objective ideas being tied to facts. Because fear is an emotional response to a thought we can use lessons about ideas tied to feelings vs facts to anchor subjective fears as feeling based ideas that should be tested.

<https://plato.stanford.edu/entries/scientific-objectivity/>

Fears as Choice Points:

At this age children are learning about cause and effect. This is a great opportunity to tie in fears as **choices points**; decisions we make with profound effects to ourselves and the world we create. Learning about the effects of fear on decision making and how fear affects many of our decisions that help create a strong long term practice of mindfulness and good principles simply because every person naturally wants to be successful.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7423744/>

Thinking into the Future:

This concept is based on balancing fear's emotional pull with logic by drawing attention to the side effects of maintaining a fear. Fears benefit from a person's anxiety; it wins when they avoid even thinking through it. When stressed things should be kept as simple as possible so the mind can recall it easily. That is why focusing on the costs of time, resources or stress are helpful ways to make a decision when facing a fear. Maintaining a subjective fear will almost always cost more of all three in the long run and simply thinking it through is enough support.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4050437/>

Feeling into the Future:

This concept is based on tapping into the neuroscience of body memory where we use the body's repetitive behavior, as you think of future events, as a test of the body's responses. If future events (past the initial fear) are positive and bring a calm to that issue the person will know that the initial fear is a stepping stone towards a better future. Basically, if the future events continue the fear or the behavior that triggers the chemical responses of stress in the body then the thinking process will simulate it which can be used as a sort of inner GPS.

<https://www.sciencedirect.com/science/article/pii/S0010945217302381/>