

In the case of decidophobia, this would be the fear of making decisions; although it's natural to worry over a huge life decision, someone with decidophobia is so terrified of making choices that.

This article has been cited by other articles in PMC. Abstract Linking psychoanalytic studies with neuroscience has proven increasingly productive for identifying and understanding personality functioning. This article focuses on pathological narcissism and narcissistic personality disorder NPD , with the aim of exploring two clinically relevant aspects of narcissistic functioning also recognized in psychoanalysis: Evidence from neuroscientific studies of related conditions, such as psychopathy, suggests links between affective and cognitive functioning that can influence the sense of self-agency and narcissistic self-regulation. Attention can play a crucial role in moderating fear and self-regulatory deficits, and the interaction between experience and emotion can be central for decision-making. In this review we will explore fear as a motivating factor in narcissistic personality functioning, and the impact fear may have on decision-making in people with pathological narcissism and NPD. Understanding the processes and neurological underpinnings of fear and decision-making can potentially influence both the diagnosis and treatment of NPD. Introduction Narcissistic personality disorder NPD has its roots in nearly a century of psychoanalytic studies. In the Diagnostic and Statistical Manual of Mental Disorders DSM -IV, 5 , 6 NPD has been characterized as a pervasive pattern of grandiosity, need for admiration, and lack of empathy, with interpersonal entitlement, exploitativeness, arrogance, and envy. Other notable phenotypic characteristics include interpersonal distancing and avoidance, insecurity and vulnerability, hypersensitivity, aggressivity, and proneness to shame. Several components and characteristics of narcissistic personality pathology that were central in the psychoanalytic conceptualization of narcissism and NPD were left aside in the final choice and formulation of the diagnostic trait criteria. One such characteristic relates to the process and feeling of fear, frequently acknowledged in psychoanalytic studies as a significant part of narcissistic pathology. Freud 11 noted narcissistic mortification as intense fear associated with narcissistic injury and humiliation. He also observed the shocking reaction when individuals face the discrepancy between an endorsed or ideal view of the self and a drastically contrasting realization. Fiscalini 14 emphasized fear of autonomy in narcissistic interpersonal relations, and Kohut 4 , 15 pointed to fear associated with rejection, isolation, and loss of contact with reality, and loss of admiration, equilibrium, and important objects. Maldonado 20 identified the narcissistic intrapsychic trauma caused by the loss of a bond with a good object associated with ideals and meaning. In the delicate balance between repairing such traumas and working through conflicts, reactivations of fear inevitably occur, especially in the context of aggression and shame. An additional limitation in DSM is the absence of diagnostically specified levels of personality functioning. Narcissism ranges from healthy and proactive to pathological and malignant. Consequently, pathological narcissism and NPD often co-occur with consistent or intermittent areas and periods of high functioning, 21 including areas or periods of real competence and qualities, as well as cognitive, emotional, and interpersonal capabilities, and social skills. In clinical and social psychological reports, identification of narcissistic character pathology takes into consideration the functional aspects of shifts between selfenhancement and self -deflation, with intermittent periods and areas of competent functioning. Dimensions of character functioning that enable such evaluation include selfagency 22 - 25 and self-directedness. Decision-making, a central component in self -regulatory and self-directing efforts, has gained attention in psychoanalytic studies, and recently also in social psychological studies of narcissism. In order to advance our understanding of the different components operating in pathological narcissism and NPD it is necessary to further connect and integrate the psychoanalytic and clinical, as well as the social psychological, conceptualization of the disorder. One unifying approach may be to examine the neural underpinnings in narcissism as a way to refine its phenotype. Research on empathy and empathic functioning has already proven such a link to be most constructive and informative for NPD, 27 - 29 contributing to a significant change in identifying empathy, not as absent or present, but as a multifactorial and fluctuating capability. The aim of this paper is to further identify possible links between the psychoanalytic perspective on

pathological narcissism and NPD, and neuroscientific research on narcissism and related pathologies. In this review, we will focus primarily on fear, as it has been considered a central and even a motivating factor in narcissistic personality functioning in psychoanalytic and clinical studies. Further, we will explore the impact that fear may have on decision-making. Fear is generally considered to be an emotional state, a psychological and psychophysiological response to perceived or anticipated threats or danger. Fear can often serve as an adaptive alert and survival mechanism. As such, it represents an ability to recognize danger and an urge to either confront or to avoid or escape, but fear can also in extreme situations cause paralysis and inability to protect oneself. Fear differs from anxiety as it is a response to real threats, a frightening object, event, or experience, while anxiety is considered an anticipatory warning signal, related to the expectation of unreal or imagined danger, including intrapsychic, unconscious conflicts and erotic feelings. Fear of not measuring up and falling short can be triggered in specific situations, ie, in the context of evaluation, performance, or exposure. Such fear differs from the more complex or ambiguous fear that in the same way can threaten self-esteem, ie, fear of being overwhelmed, and facing success or relationships and intimacy, feelings of shame or guilt, and experiencing loss of control. Fear can also become maladaptive or pathological, as such feelings, generated from an initial fear-provoking event, persist and have a negative effect on day-to-day behavior. Experiences in the present are linked to disorganized and fragmented memories of earlier mortifying or traumatic experiences. Sensory and emotional experiences associated with such early trauma also contribute to the subjective perception and interpretation of a present event as traumatic, ie, retraumatizing. In general, these studies indicate that people who are afraid of failing can be motivated or even susceptible to either invest greater efforts in a task after being exposed to failure information, or to completely avoid such efforts. Fear related to self-esteem regulation and risk of falling short can underlie and motivate a range of behavior in narcissistic personality disorder. High achievements can be motivated by fear of incompetence and failure; selfenhancement by fear of worthlessness and inferiority; perfectionism by fear of shame and self-criticism; pursuit of special affiliations by fear of losing status or influence; interpersonal ignorance and distancing by fear of humiliation, or being overpowered and lose control; and avoidance by fear of shame and exposure. These studies and observations raise several questions about the interaction between identifying, processing, and controlling fear from the perspective of narcissistic self-regulation. Fear, narcissism, and neuroscience Over the last several decades there has been significant growth in the understanding of the neurobiological basis of fear. At the center of the fear circuitry is the amygdala. Our nuanced understanding of this complex neural network results from imaging eg, during fear conditioning studies , physiological eg, skin conductance, eye-blink response , and psychopharmacological studies that not only enhance the mechanistic understanding of fear but also highlight the role of fearrelated dysfunction in the generation and maintenance of various forms of psychopathology. Failure to properly regulate fear responses is central to specific phobia, post-traumatic stress disorder, generalized anxiety, and some Axis II disorders ie, fear of separation and loss of support in dependent personality disorder DPD of abandonment in borderline personality disorder BPD , and of criticism, disapproval, and rejection in avoidant personality disorder APD. Studies on the relationship between fear and narcissism have been sparse, both at a phenotypic and mechanism level. One study of individuals with narcissistic traits, as measured by the Narcissism Personality Inventory NPI 49 reported that they display diminished electrodermal reactivity to aversive stimuli, 50 indicating weak responses to punishment or aversive cues. Despite the limited research directly examining fear and narcissism, there are studies of other related conditions with relevance to pathological narcissism that highlight the importance of fear in the expression of psychopathology. Specifically, the role of fear in psychopathy-related disinhibition has been the focus of studies for decades. NPD and psychopathy are considered to be overlapping constructs, both expressing symptoms of grandiosity, compromised empathic functioning, and callousness. In fact, Kernberg 2 suggested that narcissism might be the core of psychopathy. Affective deficits in psychopathy have most often been understood in the context of the low-fear model. Other research indicates that the amygdala is hyper-reactive when psychopaths view certain emotionally salient scenes. One explanation for the inconsistent nature of psychopathy-related fear deficits may involve an abnormality in attentional processes. Developments in neuroscience indicate that the function of the amygdala is more complex than just fear

processing, and likely plays a significant role in attention and in detecting relevance. This difficulty balancing demands to process goal-directed and peripheral information creates a bias whereby psychopaths are unresponsive to information unless it is a central aspect of their goal-directed focus of attention. An important implication of the response modulation hypothesis is that the emotion deficit of psychopathic individuals varies as a function of attentional focus. A recent experiment by Newman et al 60 involving fearpotentiated startle FPS provides striking support for this hypothesis. Of note, existing evidence suggests that FPS is generated via the amygdala. The results provided no evidence of a psychopathy-related deficit in FPS under conditions that focused attention on the threat-relevant dimension. However, psychopathy scores were significantly and inversely related to FPS under conditions that required participants to focus on a threat-irrelevant dimension of stimuli ie, when threat cues were peripheral. In a follow-up study, Baskin-Sommers and colleagues 59 specified this attentional-mediated abnormality in a new sample of offenders by measuring FPS in four conditions that crossed attentional focus threat versus alternative focus with early versus late presentation of goal-relevant cues. First, the authors replicated the key findings reported by Newman et al More specifically, the psychopathic deficit in FPS was only apparent in the early alternative focus condition, in which threat cues were presented after the alternative goal-directed focus was already established. These results confirm the idea that attention moderates the fearlessness of psychopathic individuals and, moreover, implicate an early attention bottleneck as a proximal mechanism for deficient response modulation in psychopathy see ref 71 for discussion of the bottleneck. Additionally, Larson and colleagues unpublished data recently completed an imaging study using this paradigm with an independent sample of inmates. Results indicated that decreased amygdala activation in psychopathic offenders occurred only during the early alternative focus condition. Under this condition, psychopaths also exhibited greater activation in selective attention regions of the lateral prefrontal cortex LPFC than nonpsychopaths, and this increased LPFC activation was associated with decreased amygdala activation. In contrast, when explicitly attending to threat, amygdala activation in psychopaths did not differ from nonpsychopaths. This pattern of amygdala activation closely parallels results for FPS and, moreover, highlights the potential role of LPFC in mediating the failure of psychopathic individuals to process emotion and other important information when it is peripheral to the primary focus of goal-directed attention. Overall, it appears that psychopathic individuals do ignore fear-related information, but only in the service of focusing on a specific goal. For example, such an inflexible focus on personal goals may underlie the self-centered, callous traits associated with psychopathy and may leave psychopathic individuals oblivious to the potentially devastating consequences of their behavior. While one relationship between fear and psychopathology is related to deficient fear processing, another relationship between fear and psychopathology is related to over-reactivity to fear. Specifically, research on other forms of externalizing psychopathology, like borderline personality disorder, report increased FPS during instructed fear conditioning 72 and increased amygdala activity while viewing emotional slides. Although this neuroscientific overview applies to near neighbor psychopathologies, several findings introduce possible links to fear processing in pathological narcissism and NPD. Similar to people with psychopathy, focused attention on goals, such as ambitions, competition, and aspirations, and even on risk-taking efforts, may, for some people with pathological narcissism and NPD, enable ignorance of fear and serve as a fear modulator. It is also possible that when people with pathological narcissism or NPD have to face fear without the possibilities of engaging in avoiding, goal-directed, or self-enhancing strategies, the experience becomes overwhelming and consuming, forcing drastic decisions with seemingly immediate short-term gains. Further research is needed to parse these possibilities. One avenue for understanding the role of fear in narcissism is to examine its impact on functionality, in processes such as decision-making. Decision-making Psychoanalytic studies have primarily attended to the intrapsychic aspects of decision making. Identified as a secondary ego process linked between motivation and action, the unconscious courses involved in decision-making have nevertheless been a prime focus of interest. The former can affect competence, while the latter can cause self-confusion and uncertainty about who one really is. Sometimes such lapses can have devastating consequences, including suicide. Usually referred to either as narcissistic crises or trauma motivated by urgent, defensive push for protection and enhancement of self-esteem, or by avoidance of

perceived inevitable ultimatums, many of the roots and underpinnings for such decision-making are still relatively unknown. As with fear, there is an important normal aspect of decision-making, especially its role in self-esteem regulation and sense of control, that contributes to an organizing perception of being in charge of cause-effect, input-outcome, and action-result. In particular, efforts to optimize reward, self-enhancement, and self-promotion have proved important. Decision-making as part of an agency model for narcissistic personality functioning has been studied in social psychology in the context of approach–avoidance motivation, specifically in relationships and in financial and business decisions. On the other hand, it is also possible that dysregulated feelings of fear can impact the decisionmaking patterns of these individuals.

Decision-making, narcissism, and neuroscience In recent years, there has been a surge of research on decision making from a neuroscience perspective. Though there are a number of decision-making models, in this review we focus on a particular neurobiological theory of decision making that highlights the interaction between experience and emotion: More specifically, for each experience an association between that situation and the corresponding somatic states ie, emotions is made. The recurrence of a particular situation triggers the reactivation of emotion-influenced neural patterns, which biases decision-making toward choices that maximize reward and minimize punishment. Damasio and others propose that the orbitofrontal cortex, specifically the ventromedial prefrontal cortex vmPFC , is central to decision-making. Patients with lesions to the vmPFC display deficits in learning from previous experiences, poor decision-making, flat affect, and impairments in their ability to react to emotional situations. To test this hypothesis in an experimental context, Bechara developed the Iowa Gambling Task. In general, participants sample both the advantageous and disadvantageous decks equally, but after experiencing a number of high punishments, they shift predominantly to advantageous decks. In contrast, subjects with vmPFC damage tend to continue choosing from the disadvantageous decks. Moreover, vmPFC lesion patients did not display anticipatory emotional responses eg, skin conductance , indicating a deficit in anticipating the emotional impact of future rewards and punishments see ref 84 for review.

Chapter 2 : Fear: The Highly Potent Affect Fear Has on Decision Making | Your Killer Emotions

The fear of a mistake can lead to many poor decisions, or sometimes even worse, it can lead to indecision. Biblically, Christians in business know that we don't have to fear. We can trust that Jesus will provide for all of our needs.

Share 26 26 Shares I like choices. I feel like choices represent freedom. I am not stuck with one path. However, when we combine choices with fear, we suddenly become overwhelmed and paralyzed. The fear of a mistake can lead to many poor decisions, or sometimes even worse, it can lead to indecision. We can trust that Jesus will provide for all of our needs. I think the issue, if we are honest, is that our idea of getting all that we need may not be what Jesus thinks we need. So we are in fear either way. If I let go and let God, I may not need to have my own business so Jesus may think it is okay for the business to fail so I can go do something else He wants me to do. On the other hand, I want so badly for my business to be successful, yet I am not sure which strategies and actions will provide the best path. It seems that even though I have choices, they all contain risk. Fear driving decisions can lead to: Erratic decision-making – changing our minds back and forth through the multiple options brings us to no clear direction or path. Depending on the decision to be made, our erratic changes could cost us even more resources, yet gain little progress. Short-sited decision-making – when we are afraid, we tend to make short-term decisions. We feel that short term decisions will play out more quickly and we can see the impact sooner. You may cut costs to quickly stop the bleeding, but then that could have put a halt to revenue-generating resources. Indecision – many times fear keeps us from making any decisions or it delays the decision to the point that, regardless of whether it was a good decision or not, the impact of waiting created a different set of circumstances. Decisions made in fear almost always lead to poor decisions. Letting fear control us, we sometimes use the excuse that we are just being conservative. But, to me you can make conservative decisions with strategy and decisiveness. Those are not contradictory. In my mind, fear is letting Satan help us make the decision rather than God. Satan feeds off of fear. God tells us we never need to fear if we follow Him. Look at your last 6 months of decision-making. Did you see yourself in one of these three scenarios? Did you struggle to make one or more decisions out of being overwhelmed and afraid? Or, did you make decisions strategically, with enough thought, and through prayer?

Chapter 3 : Fear-Based Decision Making: How to Stop Making Decisions Out of Fear (+Free Worksheet)

The fear of making decisions and embracing change, whatever the consequences, will keep us stuck in place when we should be moving forward toward new experiences.

Taking notes on this one. Neal Pritchett I remember one job that I absolutely hated " hated. So one day I was driving to work, and traffic was snarled up. There had been a traffic accident. By the time traffic was cleared and I was moving again, I knew I was going to be fifteen minutes late. On top of going to a job I hated, I could then also look forward to catching hell from my boss and coworkers, who all seemed to hate their jobs as well. As I approached the exit ramp for work, I kept driving. No conscious decision had been made about quitting or anything else. It was just not possible for me to exit on that ramp and go to work. Whatever had made it possible had reached its limit. A few ramps down, there was a shopping mall with a movie theater. So I got myself something to eat, saw a movie, and then went home. There were multiple messages on my answering machine this was before affordable cell phones , where my boss alternated between threats, insults, and finally after he understood I had no intention of coming back offers of conditional forgiveness. I had a rough couple of weeks, but eventually ended up at something better. What still sticks in my my is the wonderfulness of that sense of freedom and of having control over my life. I could have left that job at any time. Why did I wait so long? Do you think it could be possible that your wife is only staying with you out of fear of being alone and having to provide and look aft your son without the additional help from you? Would that set an incredible example of a relationship for your son to model himself one day? Good luck, I hope you find or have already found a growth decision that will move you to a better place. Creating equality is probably the first step to make people free of fear decisions well most of the fear decisions. That fear became anger and is causing a nationwide power grab by republicans within their state houses. Jon Hare You could also argue that it is a fear decision to just sit back and allow globalisation to consume us all without kicking up a fuss. Rick Bagnall How so? What is the inherent evil in globalization that must be fought if humanity is to grow? Jon Hare Pretty much you are right yes. There will always be winners and losers in this world. Right now globalisation is being used by the very rich at the expense of the western not so rich for their own gain. The non western people that are benefiting just happen to be cheap labour and good play things for the very rich, for now" there is nothing altruistic in this". And yet for the people assembling it, their wages are relatively generous. Did some Americans lose their jobs in the process? Yeah, probably, but then with the increasing emphasis on robotics, it would have likely happened anyway. Tim Starchuk This was a great reminder about how much fear plays in to our decision making and potentially holds us back. Edward Magur James, love your stuff. Your customer service needs some serious help though. I became a member of Altucher Alliance for life and I cannot access any of the sites. I have spoken with customer solutions 3 times and it is not resolved. I emailed your customer service and got no response. How can we change that? Should we change that? Creating a new line, or a new rule book is extremely difficult. I suppose it breaks down to what you are willing to sacrifice to get what you want, but even more important than that is understanding what it is you actually want. Sure wish my grandma had been so smart! I am just staying for salary. I currently doing a freelance as a music photographer and there, every beat of the drums and slamming of people to the extent that I had bruises, it makes my heart beat and say that this is what I love. So I am thinking when can I leave this messy and unhappy world of corporate to be who I really wanted. Want to be an Entrepreneur? But I have made a lot mistakes along the way" And I want to help you avoid them with this free report: By submitting your email address, you will receive a free subscription to Altucher Confidential. This daily investment newsletter delivers free independent financial forecasting and commentary along with carefully selected products and services that we think might interest you. We will not share your email address and you can unsubscribe at any time.

Chapter 4 : Fear in the Way of Your Decision-Making? How to Move Forward | HealthyPlace

According to a neuroeconomist, whatever that is, fear of losing our jobs and savings is impairing our decision-making ability and making us risk averse.

Getty Images Are you afraid of making major changes to your life? And yet something seems to be holding you back. Making major changes can be frightening--I know. Six months ago, my husband and I left our home of 22 years in Woodstock, New York, and moved across the country to Snohomish, Washington. The move coincided with big changes in my professional life: My term as president of the American Society of Journalists and Authors came to an end. I went from being a twice-a-week columnist on this site to a daily one. All of it together was enough to reduce me, some days, to a quivering bowl of jelly. All of these changes were necessary and good, important opportunities to grow. Fearing change keeps all of us stuck in place some times when it would be better to move on. How do we get past it? What if it turned out that we hated living in the Pacific Northwest? Just in case, we would rent rather than buy. What if the rainy dreariness of the winter months started getting to us? We made sure to find a place with a lot of light, especially in my office, and began investigating daylight-replacing light bulbs. By thinking through the most likely problems you could encounter, you may be able to make plans to avoid them, or at least figure out what you could do if they happen. Sometimes this question is the push we need to face up to change. Learn to love what you already have, or go get something new. Can anyone ever know everything? This tells you that if an unknown future seems scary--well it is, and it is for everyone. This, too, has an obvious answer: This is something to keep in mind when making a decision about change. You may pass on that great business opportunity for the security of your job, only to be a victim of downsizing a year later. Can I give myself permission to be sad about the life I left behind? That was a big necessity for me. I loved my life in Woodstock, and although I never wavered in my decision to move West, I knew I had to grieve and say goodbye. Will I be able to handle it if things go wrong? And the answer to this question is almost certainly yes. Most people are more resourceful than we realize, and more able to deal with difficulty. You can handle more than you know. If not now, when? No one likes to think about this, but the fact is each of us has no idea how little or how long we have left on this planet. He died of cancer at the age of The older I get, the more I find myself thinking about the choices I make in terms of how I want to spend the rest of my life. And when your nerve is failing, it can give you the courage to make a change. Apr 9, Like this column?

Chapter 5 : CTRN: Change That's Right Now | Fear of Decision Making

Fear, and its close cousin anxiety, can stop us in our tracks by getting in the way of decision-making. When fear and anxiety paralyze us by preventing us from making decisions, it can interfere in the quality of our lives.

Even if I was not always prepared for whatever fate has given me to carry on my shoulders I struggled and I managed to get all things to an end. One of the greatest challenges I faced was fear: This instinct of fear can mess up our lives distorting the way we look at ourselves and at the people around us. From definitions, fear is a pre-programmed emotion that acts as an instinctual response to potential danger. And this instinctual response causes different physical reactions, because when we are afraid, the adrenaline and the stress hormone cortisol are released into the blood stream. We can say there are two types of fear: For example if we are afraid of spiders or if we are afraid of not succeeding something, then we have an unhealthy fear. On the other side, if we are smoking a lot and we are afraid of putting our health in danger, then this is a healthy fear. This healthy fear could motivate us to take better decisions and to better organize our life. Unfortunately, what we face most are unhealthy fears. See beyond the danger. When we face a potential danger we panic and this makes us take wrong decisions or run away from responsibilities. What we should do instead is take a deep breath and think of all possible consequences and implications. Many times, things are not as bad as we think they are. Take a positive attitude. We are strong enough to manage all the problems and nothing can stop us. Expand our comfort zone. There are three important zones where we can be situated: The unexpected gets us out of the comfort zone and into the learning zone which leads to the panic zone. It was proved by scientists that operating on the edge of our comfort zone is the best place to learn and grow. We have to learn how to behave and how to manage the new situations without being afraid of taking wrong decisions. After all, is practice and learning that make these transitions less scary, resulting in an expansion of the comfort zone. When you want to give up, do one more step. This step is about pushing our limits and becoming comfortable with being uncomfortable. We never know we will succeed unless we actually try. Do not avoid or postpone tasks and activities. I often find myself postponing and delaying certain activities just because I am afraid of the result. More that that the pressure and the stress will become more intense. We are just competitors "like all the others. The first rule in winning is to participate! Strengthen your will with religious beliefs. God wants us to be strong and to carry our problems with strength. Usually when we get into these situations, we neglect one of the most important things: If our body does not rest enough, there will appear another variable, fatigue, which will aggravate our situation even more.

Chapter 6 : When You Fear Making the "Wrong" Decision

The real issue is that I have an overall fear of making the "wrong" decisions in my life. Interestingly enough, I also realized that this brand of fear directly coincides with my decision to live a more purposeful and spiritually centered life.

A friend of mine was casting a Coca Cola commercial years ago and asked me to come help keep things organized. But, as luck would have it, they asked me back. The second audition was more of an interview format with some of the big shots behind the commercial. I remember feeling sick because I was grouped in with 3 of the most beautiful creatures I had ever seen. They called me back in for a third audition. My friend confirmed that getting this call back pretty much meant I got the commercial. Well, I never did get it. I was so scared of messing up, looking weird on camera, and just falling flat on my face that I made this ridiculous excuse to avoid it. I swore up and down I would never audition for anything on camera again. If there was one thing that could keep me from making stupid amounts of money at the silly age of 18, it was fear. Click To Tweet When we let fear rule our decision-making, we relinquish control over our lives, one decision at a time. So what, then, is the opposite of fear-based decision-making? That means owning your choices and confidently making decisions based on strategy, love, and growth. It requires brutal honesty and self-transparency. It means you really have to open up and allow yourself to get a glimpse of your inner scaredy cat. But this is crucial. You want to stop making decisions out of fear? Because the unknown is fucking terrifying and leaping into a black abyss just makes you want to freeze and turn inward. Fear of judgement or rejection Fear of being judged or rejected plays a huge role in fear-based decision-making. You never challenge yourself or push yourself out of your comfort zone because you know it might mean not succeeding and not meeting whatever standards or expectations you or someone you value has set for you. Fear of scarcity You act on a scarcity driven mindset. You settle for good enough because, what if nothing better comes along? Your decisions are bound to the fear of there not being enough out there and grabbing a hold of whatever you can. You spiral into negative self-talk You know this is happening because your fear-based decision-making is followed by really shitty self-talk. This is how we rationalize fear-based decision-making. So then what should you base your decisions on, if not fear?

Chapter 7 : What Fear Does to Our Decision-Making

How fear affects the decision-making process. Fear prevents you from living your dream keeping you away from following your dreams, pursuing your passion, and doing the things you want to do.

Thursday, May 19 Tanya J. Fear is, after all, the ultimate four-letter word -- more heinous than the other one beginning with the same letter. Fear, and its close cousin anxiety, can stop us in our tracks by getting in the way of decision-making. When fear and anxiety paralyze us by preventing us from making decisions, it can interfere in the quality of our lives. Fear becomes unhealthy and debilitating when it becomes over-reactive. Sometimes, fear seeps into other areas of the brain, like the frontal lobe; when that happens, fear gets in the way of decision-making and can lead to anxiety disorders. Fear and the Brain, an Introduction. The frontal lobe of the brain is responsible for such higher-order functioning as logical thought, reasoning, and decision-making. When the frontal lobe becomes involved in the fear response, fear becomes more than a protective reaction to danger and expands into anxiety, adding complex thoughts and emotions to a basic human instinct. You can use this to your advantage: You can prevent fear from getting in the way of decision-making and move forward. How to Move Forward When Fear Gets in the Way of Decision-Making How can we possibly move forward at all, let alone make tough choices and big decisions, when fear and anxiety convince us that decision-making will lead to disaster? Separate Rumor from Reality Fear places us on hyper-alert. That makes us watch closely, listen carefully, and sense thoroughly. We take in too much information, and our brain tries to process it. That, legitimately, can be frightening. However, when fear takes over and partners with anxiety, it can shut us down. How Much is Too Much? Stepping back from the situation, examining the facts you know and weeding out the exaggerated rumors will help keep fear in its proper place: Keep It Simple When fear and anxiety take over our thoughts and emotions, our behavior is affected. Also, fear tends to cause us to catastrophize, exaggerating everything and imagining the very worst multiplied by infinity. A way to reduce fear and anxiety is to keep things simple. Keeping it simple involves paying attention to only those things that are relevant and that you can control. If you catastrophize the break-in situation, it can quickly become easy for you to feel helpless. After all, how can you possibly stop this robber from terrorizing the neighborhood, the entire town? But when you focus on what you can control, your own home and family, you can make rational decisions that will keep you safe. Fear is meant to help us decide how to take action and be safe. When it takes over our thoughts and pairs with anxiety, though, it actually prevents healthy decision-making. Separating rumor from reality and keeping things simple are ways to break through fear for positive decision-making. My mental health novels, including one about severe anxiety, are here. She speaks nationally about mental health, and she has a curriculum for middle and high schools. Find her on her website, Facebook, Instagram, and Twitter. View all posts by Tanya J.

Chapter 8 : Decision Making Quotes (quotes)

3 Ways Fear Impacts Your Decision Making Abilities In my humble opinion, fear is one of the chief culprits to a miserable life. In decision making in particular, it corrupts your approach to and the results of your decisions in at least three ways.

We are shaped by our decisions. Some have life-or-death consequences, while others are less important. Decisions come in all shapes and sizes. Every day we face decisions about what to eat, whether to exercise, how to use our time. We also fairly regularly run into larger decisions that may have even bigger immediate and long-term consequences. What will we study? Where will we live? Who will we marry? What church will we go to? Then there are the moral choices we are faced with. Will we cheat on our taxes? Will we turn down the drugs we are offered? Will we allow ourselves to be pulled in by the soft porn we stumble across? Steps for making good decisions Whatever type of decision we face, there are biblical principles that can help us make better decisions. So, where does the Christian decision-making process start? As Christians, our overall direction in life is determined by our commitment to God, and we must remember to ask Him to direct our lives. How does God direct us? Through the wisdom He gives us in the Bible and through wise biblical counsel from His servants. It all starts with understanding how much greater God is than we are. As we study the Bible, we should act on what we learn. Sometimes it is a simple matter to know what decision to make—simply because only one choice would allow us to obey God. But most of our decisions are not that clear-cut. Sometimes there are several good choices, and sometimes none of the choices are morally wrong. The following steps can help us make wise decisions in these cases. Define the problem or opportunity. When our problem seems fuzzy, it can be very difficult to come up with a solid solution. Sometimes it can be helpful to look at the problem from many angles in order to clearly define it. What caused the problem to erupt at this time and in this way? Who is affected by it? If other people are involved in causing the problem, why? What do they get out of it? If your decision is an opportunity, what exactly do you get by choosing it? Dig out the relevant information. We have already discussed looking for the related passages in the Bible. We also need to search out the pertinent facts about the specific problem or opportunity. Many search tools are available in our information age, and it can be helpful to explore everything from the library to the Internet. Look for reputable sources with relevant expertise. Be sure to put all the information you gather through the filters of fact checking and biblical truth. Different people will likely have different information and different perspectives that can give you a broader understanding of the situation. With all the facts in hand, you can begin brainstorming various options that could solve the problem or best deal with the opportunity. Combining and concentrating on all the information gained from the previous steps should give us several possible choices. Depending on the situation, it can be valuable to explore some outside-the-box solutions. This is especially true when none of the obvious options seem that good. Throwing around creative ideas and trying to see possible connections to seemingly unrelated fields can help you generate additional options. How long should we spend on this step? That depends on our deadline and on understanding our own personality. Some of us might be tempted to cut short this stage in the interest of reaching closure as soon as possible. Others might be tempted to continue in this stage for too long, out of fear that the perfect solution will be missed. This, too, can be a problem if we put off a decision too long and perhaps miss the deadline. At some point, we have to decide we have enough options and move on to step 5. Make lists of pros and cons for each one. Weed out the worst ideas and carefully examine the best ones. This is a principle that Jesus Christ advised His followers to apply: Whether deciding to commit our lives to God in baptism or to remodel our kitchen, we need to count the cost and weigh the options. Wise King Solomon also pointed out the importance of looking ahead to foresee the possible results of our decisions: This process of deliberating, counting costs and foreseeing future dangers and opportunities should prepare us for the next step. With all the research and preparation, this part should be easier. Another prayer for guidance and additional consultation with advisers can give us the confidence to make a wise choice. If we have followed these steps carefully and put the decision into practice diligently, we will likely be happy with the results. God gives this encouragement to those who seek His will and follow His

way: What can man do to me? Doing so can be a good decision too.

Chapter 9 : Is Fear Affecting Your Decision-Making? - CBS News

As you think through the five levels of decision making, I hope you saw most of your personal or professional life in either level 4 or 5, because that is where the action is. You can't get results if you are frozen by the fear of being indecisive.

I get excited about teaching myself Korean and spend hours and hours online learning about the culture. What if I get homesick? And then there are those days where my mind resists all attempts to make any kind of decision at all. Being the self-reflective over-analyzer type that I am, I decided to dig deep within myself to find the root of this pesky little emotion that has been sabotaging my efforts to move forward, or in any direction, for that matter. Interestingly enough, I also realized that this brand of fear directly coincides with my decision to live a more purposeful and spiritually centered life. I embarked upon this journey hoping to find inner peace, bliss, rainbows, and unicorns, and I actually seem to be experiencing more negative emotions than before. Listening closely to my fears about Korea made me aware of some pretty negative beliefs I held about myself and doubts I had in my abilities. The fear I was avoiding actually turned out to be the one thing that made my decision clear and gave me the courage I needed to prepare myself to go to Korea. Make peace with your emotions. Emotions, even ones we assign negative value to, like fear, provide us with valuable information and serve very specific functions. If you can get over the hostile relationship with emotions, they can be highly useful. Some choices may lead to more painful lessons than others, but nothing hurts like living in fear. When I was trying to decide whether or not to go on my trip, I had a friend who flipped a coin and made me commit to the outcome. Life involves some risk. Flip the coin and see where it leads you. Intuition can use fear to help you grow. Fear is often described as a psychological response to a perceived threat. Most scientists agree that when it comes to survival, fear has served an evolutionary purpose. It only makes sense to avoid things that can potentially harm you. However, many of us have developed fear from negative experiences in our past. We have built a protective fence around our emotional scars, and learned to ward off anybody or anything that triggers an unconscious fear. Sometimes our intuition guides us toward those things we fear the most so that we can push past them and become stronger as a result. The next time you feel fear, embrace it, examine it, and if guided to do so, move boldly toward it. Learning to Love and Let Go. Even more than a writer, she strives to be an active agent of creation, choosing to see and create life through the lens of love.