

The Weekly Skillet

Serving Up New Choices For Your Life!

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The Main Course



Richard Jorgensen, CEO

What Happens As Fear dives Deeper...

Last week we talked about how stress and conflict in relationships begin with the PERCEPTION of inequality. The perception of “greater than” and “less than” others causes us to get entangled in co-dependence and passive-aggressive control.

This control cycle results in living as a victim in some aspects of our lives.

This is because these learned behaviors **prevent** us from being able to fulfill our basic needs for survival, freedom, usefulness, love, and identity.

When our needs are not met, we experience fear.

However, we are so good at adapting to environments of fear and control we don't even feel afraid.

We don't notice the fear inside of us because the drive for controlling other people, places, and things covers up the fear.

In other words, being in control of someone or something removes our awareness of fear.

We begin to control for the sake of control.

We become excessive, compulsive, and addictive in our attempts to control others.

Eventually, control of people, places, and things does not seem to work as well as it used to.

If not brought into check, this need to control eventually attaches to a substance, process, or a behavior. Our lives become embroiled in more conflict and stress.

Our minds begin making assumptions. We think that if we are not in control of everything in our lives we are being controlled by someone or something.

We become suspicious and distrustful of those around us.

We micro-manage everything.

We become obsessed with maintaining defenses or controlling others. We lose the ability to be open to new concepts and ideas. **We become rigid, unable to change.**

However, there is a way out of this cycle of fear and control...

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-Eric White

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