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Soul Fears
Part I Overview

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We have talked about the importance of watching our attitudes. We have learned that negative attitudes effect not only our thoughts, emotions, and will, but also the health of our bodies. Negative attitudes can even trouble our relationships.

These take us outside of God's wall of protection for us. In previous articles we have spoken of God's Wall of protection, and dealing with our own attitudes. These articles can be accessed at www.DrAlff.com/experiencingsoulintegration.

Now let's look at an attitude that has a high emotional component: fear. At first, it may seem strange to call fear an attitude. We know fear contains a strong emotional reaction of wanting to flee, and a distress within our bodies. One fear that appears to be widespread is the fear of falling. Little babies experience this.

Yet, one person will love what another fears. It appears the attitude we attach to the circumstance allows the fear. Or, perhaps the better way of saying this is that the more negative our attitude about a circumstance, the more fear may be attached to it.

Some fears may be outside our control. Some examples might be fear-causing catastrophic natural events, or unexpected abuses by others when we are in a helpless position. Those fears are extreme, and may need the intervention of a therapist to desensitize the trauma of the past so as to live more fully in the present. This then allows us to plan for the future.

Connecting the soul (the intellect, will, and emotion) with Biblical Truth and psychological knowledge.
Integrating the soul with body and spirit for peace in all areas of life - -business,
Personal, marriage, family, and relationships.

"Not by might, nor by power, but by my Spirit, says the Lord of Hosts."

Zechariah 4:6

Surprisingly, there are some fears that we can control. If we are not into parachuting from an airplane, we can decline the invitation and take a rain check for an activity that we enjoy. If we are fearful of giving a spontaneous speech, we can opt for the time to write out our speech and give it from our notes.

For those of us having trouble saying "No" to these distressing [for us] invitations, they may seem to be fears that we cannot control. But the truth is that we can get some therapeutic help to honor who we are, so that we can do what we feel comfortable doing. We alone are responsible for choosing what will enrich our lives.

There are other fears that we can control, when we honor ourselves by saying "no". We are bombarded with movies, TV shows, books, mythical role-playing games, toys, and holidays that feature horror and death. Our bodies can't make a difference between what is actual horror, and what is pretend horror. We were not created to dwell on these negatives, and participating in them brings the same kind of negative effect on our body, soul, and spirit as our negative attitudes. In fact, the venues with the sight and sound of movies, TV, and mythical role-playing games bring more negatives to our body than just reading of them.

We can choose whether we participate. What is hard is that they have become so commonplace in the lives of our friends and families that we can feel afraid that there is something wrong with us if we don't want to participate. The culture in which we live can be very fear generating if we don't join in. Yet we have the God-given right to protect ourselves, and ask for a raincheck activity that we would find enriching.

There is one positive area of fear that needs to be mentioned: that of fearing God. This fear is not negative in any way. It is our relationship with God in the deepest love, respect, and honor for His character, purity, power, and authority. Fearing God is the beginning of wisdom. This wisdom gives us the authority to counter troubling life events, and our own soul fears.

Editor's Note: The Mission Statement of Dr. Mardee Alff, Psy.D is as follows:

Connecting the soul (the intellect, will, and emotion) with Biblical truths and psychological knowledge.

Integrating the soul with body and spirit for peace in all areas of life—business, personal, marriage, family, and relationships. Zechariah 4:6