



THE SUBTLETY OF FEAR

Joyce LaCourse, Transform T22 Retreat

SUBTLETY OF FEAR

What Does It Look Like?

How Does It Affect Me?

How To Get Out Of It!

IT LOOKS LIKE... “T R I G G E R S”

- OVERWHELMED, OUT OF CONTROL, THREATENED
- CRITICIZED, BLAMED, EMBARRASSED
- MAKE A MISTAKE
- LOSS – OF SOMEONE, SOMETHING, WHAT SHOULD HAVE BEEN
- LOSS – EXPECTATIONS, DISAPPOINTMENTS
- EMOTIONAL PAIN
- CONFUSION – CONFLICT OF DATA
- LEFT OUT, IGNORED, EXCLUDED
- FEEL OBLIGATED, TAKEN ADVANTAGE OF
- OVERPOWERED, DOMINATED, POWERLESS
- FEEL LESS THAN, INSECURE
- SCARED, FRIGHTENED

Anger Iceberg

In some families, anger is seen as more acceptable than other emotions. A person might express anger in order to mask emotions that cause them to feel vulnerable, such as hurt or shame.

Anger triggers are people, places, situations, and things that set off anger. Your triggers can provide clues about the emotions behind your anger.

Anger is an emotion that tends to be easy to see. However, anger is often just the tip of the iceberg. Other emotions may be hidden beneath the surface.

Anger may be fueled by different emotions at different times, or by a combination of emotions. Sometimes, however, anger is just anger.



WHAT DO YOU DO WHEN YOU FEEL...

- OVERWHELMED, OUT OF CONTROL, THREATENED
- CRITICIZED, BLAMED, EMBARRASSED
- MAKE A MISTAKE
- LOSS – OF SOMEONE, SOMETHING, WHAT SHOULD HAVE BEEN
- LOSS – EXPECTATIONS, DISAPPOINTMENTS
- EMOTIONAL PAIN
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THE 4 TRAUMA RESPONSES (REACTIONS)

How does it affect me....?

FIGHT

FLIGHT

FREEZE

FAWN



WHEN REACTING TO STRESS...

THE **FIGHT** RESPONSE PROTECTS SELF FROM PAIN THROUGH CONFLICT

THE **FLIGHT** RESPONSE PROTECTS SELF FROM PAIN THROUGH ESCAPE

THE **FREEZE** RESPONSE PROTECTS SELF FROM PAIN THROUGH DISSOCIATION

THE **FAWN** RESPONSE PROTECTS SELF FROM PAIN THROUGH PACIFYING



HOW DOES IT AFFECT
ME?

*HOW DOES IT AFFECT
OTHERS?*

Ask yourself these questions and process them with the trauma response handout and the processing prayer handout

30 minutes to process



HOW DO I GET OUT OF IT?

- **Become self aware**, allow yourself to feel what you feel and learn to love yourself aright. This means to allow yourself to feel the pain. Journal, get it out of your head
- **EXCHANGE**- Bring the pain to God for truth and healing. Identify the lies and faulty thinking behind it. Create a stronghold buster.
- **PRACTICE**- identifying it in the moment and make the decision to stop... breathe... take a step back.... Make a good choice! This develops self-control. Practice slowing down, giving yourself grace.
- **ACCOUNTABILITY**– Ask the Lord for the “nerve” to lean into the uncomfortable. Humble yourself and use accountability with safe, trusted people around you to show you acceptance and maturity.