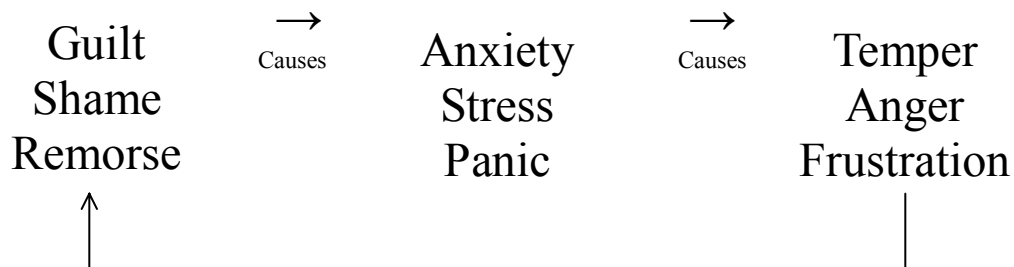


The Three Pillars

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Principal: Anxiety is not an emotion. It is an over-arousal of the autonomic nervous system caused by emotion. When these underlying emotions are resolved, invariably the anxiety is greatly alleviated.

In many, *but not all*, cases, these emotions will follow a common pattern. This pattern is as follows:



Feedback - once calm again, the person feels guilty for how angry they felt and the cycle begins again.

I have long noticed that anxious people are both prone to guilt and can have “short fuses” when it comes to their temper. The temper may not always be expressed, but instead the person may “bite their tongue” and thus it builds to become anger. Both guilt and anger cause a persistent arousal of the autonomic nervous system.

In this situation, the anxiety is a pillar that is propped up on one side by guilt, and it is propped up on the other side by anger. By dealing with the guilt and its related emotions, and by dealing with anger and its related emotions, the anxiety ceases.

An example. A person is prone to guilt and thus worries about offending other people or letting them down. They go about their day, anxious not to let people down, but other people tend not to behave the *right way*, thus continually our hero finds himself exposed to anxiety provoking situations. After a while, his tolerance wears thin and bang! Either internally he has a catastrophic reaction or externally he is seen to be expressing his “quick” temper.