

From Fear to Freedom: Restore Calm, Be Clear, Get Connected Graphic Summary

Bob Van Oosterhout

www.bringtruthtofear.org

Email - bringtruthtofear@gmail.com

Rough Draft Feb. 25, 2025

Not for distribution or publication

Graphic Summary of Chapters

These graphics summarize what was consistently helpful in guiding clients, students, and community members to move from fear to freedom in forty-five years of counseling, teaching, and community organizing.

I developed this summary as a starting point for thought and discussion. I encourage you to reflect on each page based on your knowledge and experience and to share your thoughts and ideas with others. How might this material be helpful in these times? How can we transform our fears into caution, concern, curiosity, and connection? What can we do to minimize the effects of fear-based messages that keep us attached to our screens?.

This is an early draft. I expect to clarify, revise, and fine-tune as I write and edit each chapter. If you have thoughts or suggestions or would like to view chapters as they are written and updated, please contact me at bringtruthtofear@gmail.com

Book Description

We can't be free when we're stuck in fear. Fear builds tension, which narrows and fragments our thinking. Emotions become numb or hyper-reactive. We're driven to action without fully understanding what's happening, who's involved, or what's needed.

We can be free from fear when we understand how fear works, where it's coming from, and how to deal with threats that diminish our peace of mind. This book describes how fear affects body, mind, and emotions, and how to manage threats in our lives. Restoring calm, clearing our minds and emotions, while establishing meaningful contact with others can transform fear into caution, care, curiosity, and connection. We become free to be ourselves and to do our best work.

TABLE OF CONTENTS

PART ONE - UNDERSTANDING FEAR

- 1 What Are Emotions?
- 2 What Is Fear?
- 3 Healthy and Unhealthy Fear
- 4 Roots of Fear: Threats, Thoughts, and Tension
- 5 Hidden Fears
- 6 What You See Is All You Get
- 7 Effects of Prolonged Fear

PART TWO – RESPONDING TO THREATS

- 8 Restore Calm
- 9 Be Clear
- 10 Get Connected
- 11 Transform Blame and Complain into Learn and Discern
- 12 Transform Fear into Caution, Concern, Curiosity, and Connection
- 13 Dealing with Threats

PART THREE – TRUE FREEDOM

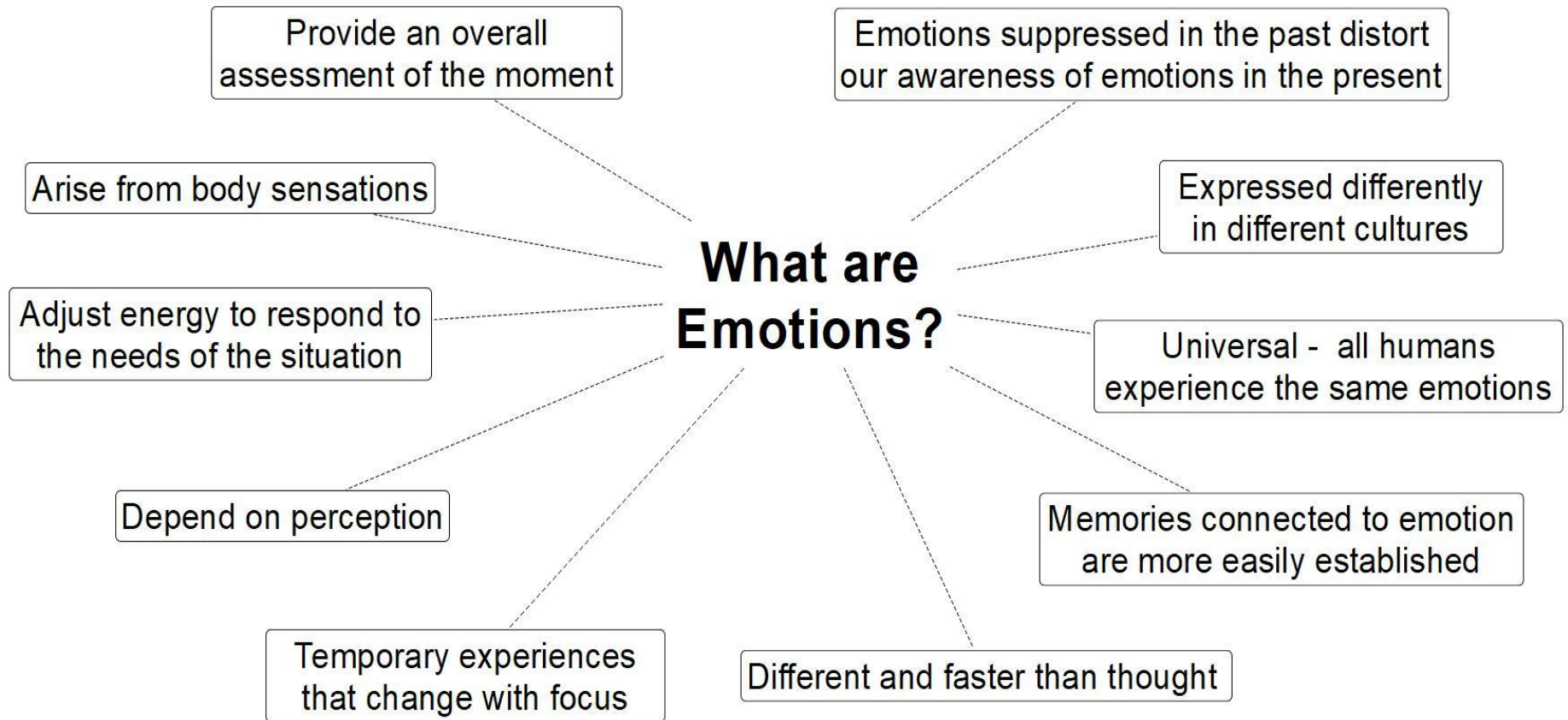
- 14 Restored Capacity
- 15 See and Think Clearly
- 16 Belonging and Authenticity
- 17 Mature Freedom17 Mature Freedom

Part One

Understanding Fear

Understanding what fear is, how it works, and what it does to us is key to learning to deal with it effectively

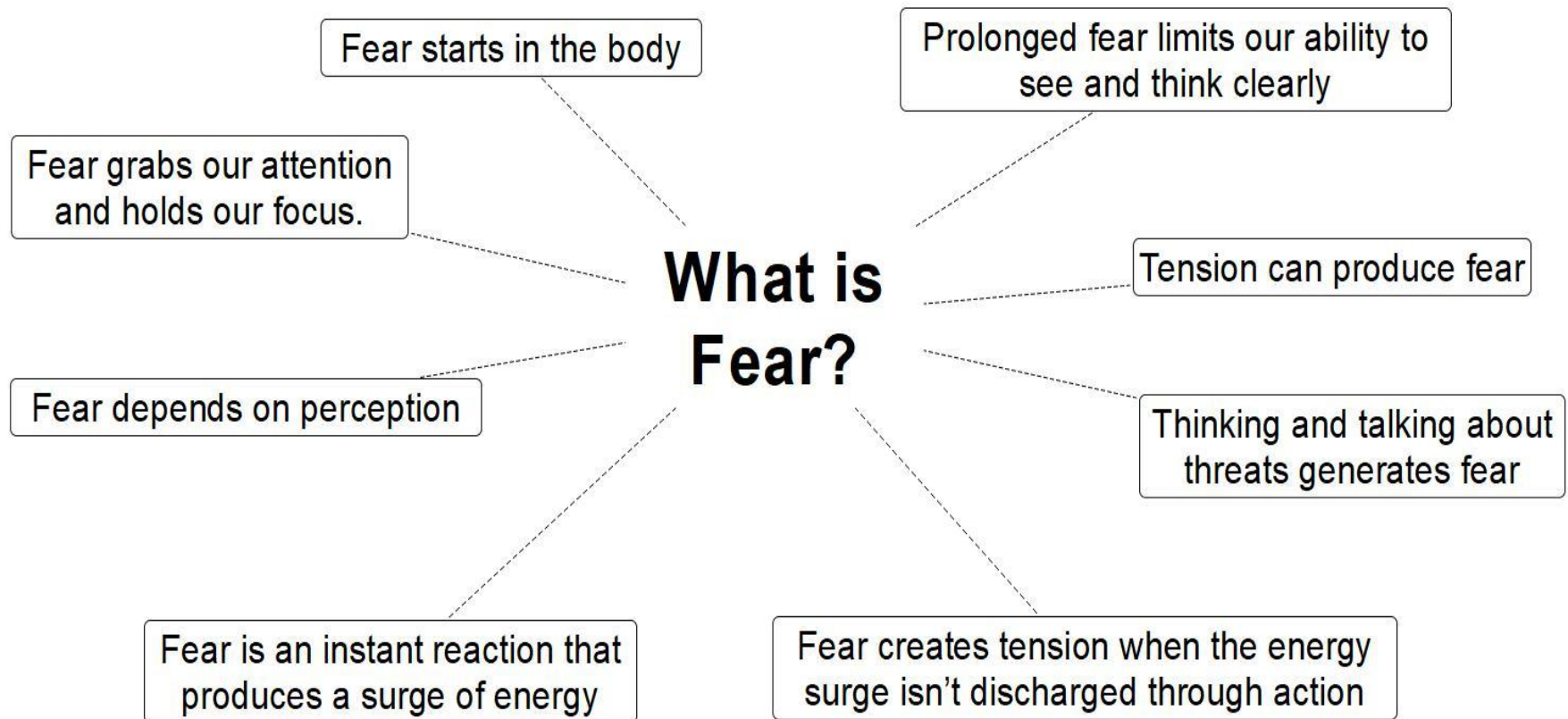
In order to understand fear, we need to understand emotions



Emotions are temporary signals from the body sent to the brain in reaction to how we view a situation. Emotions are separate from and faster than thought. The function of emotion is to provide an overall impression of the moment and adapt our energy to meet the needs of the situation.

Fear is a natural reaction to the perception of a threat. It grabs our attention and provides a surge of energy to deal with a threat.

Chapter 2



Healthy and Unhealthy Fear

Healthy Fear

Grabs our attention and provides the energy and focus to respond to an immediate threat when direction and outcome are clear

Unhealthy Fear

Builds tension

React without thinking

Don't ask questions

Accept and follow without question

Blame & complain

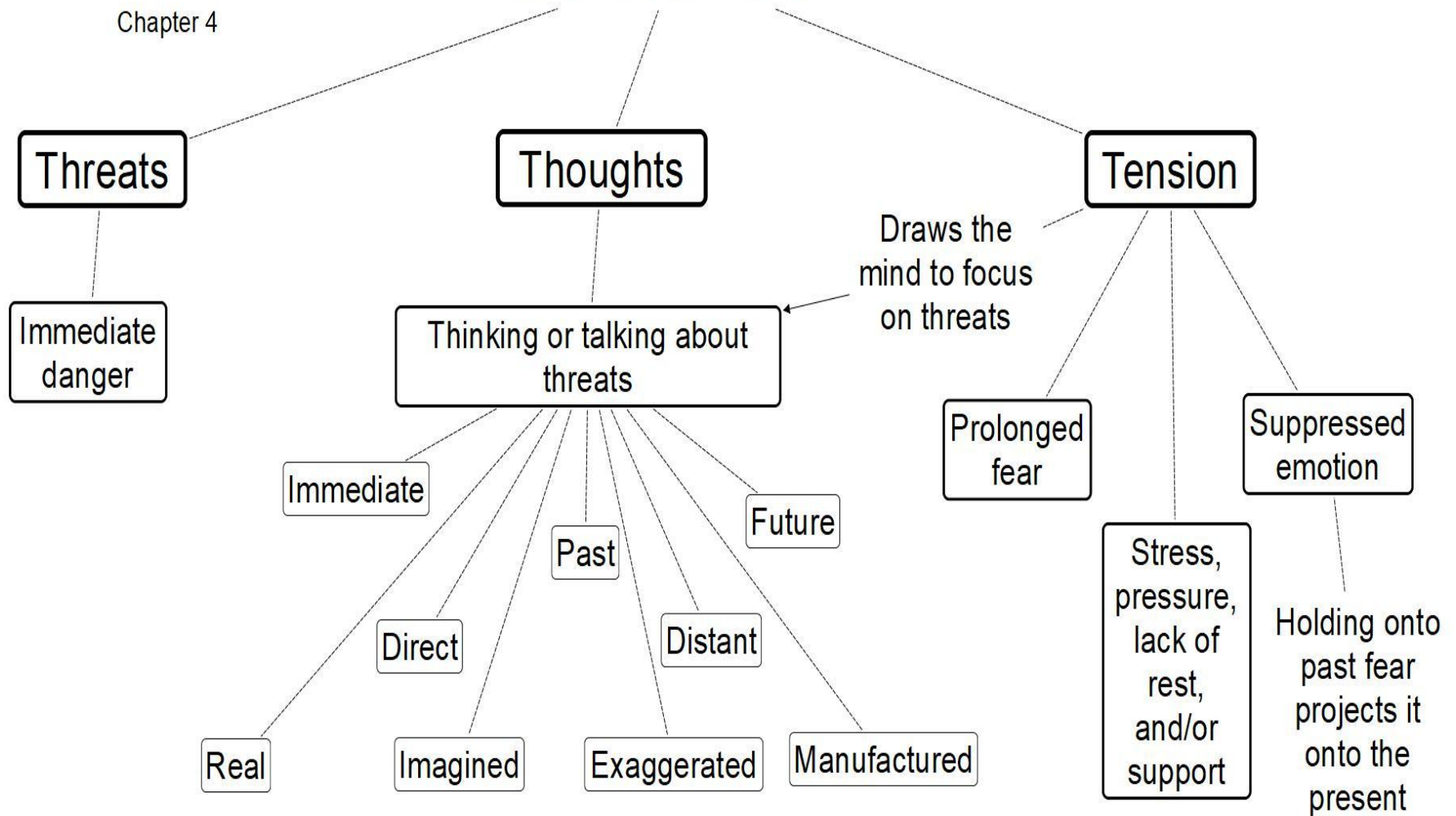
Lack of belonging & authenticity

Media addiction

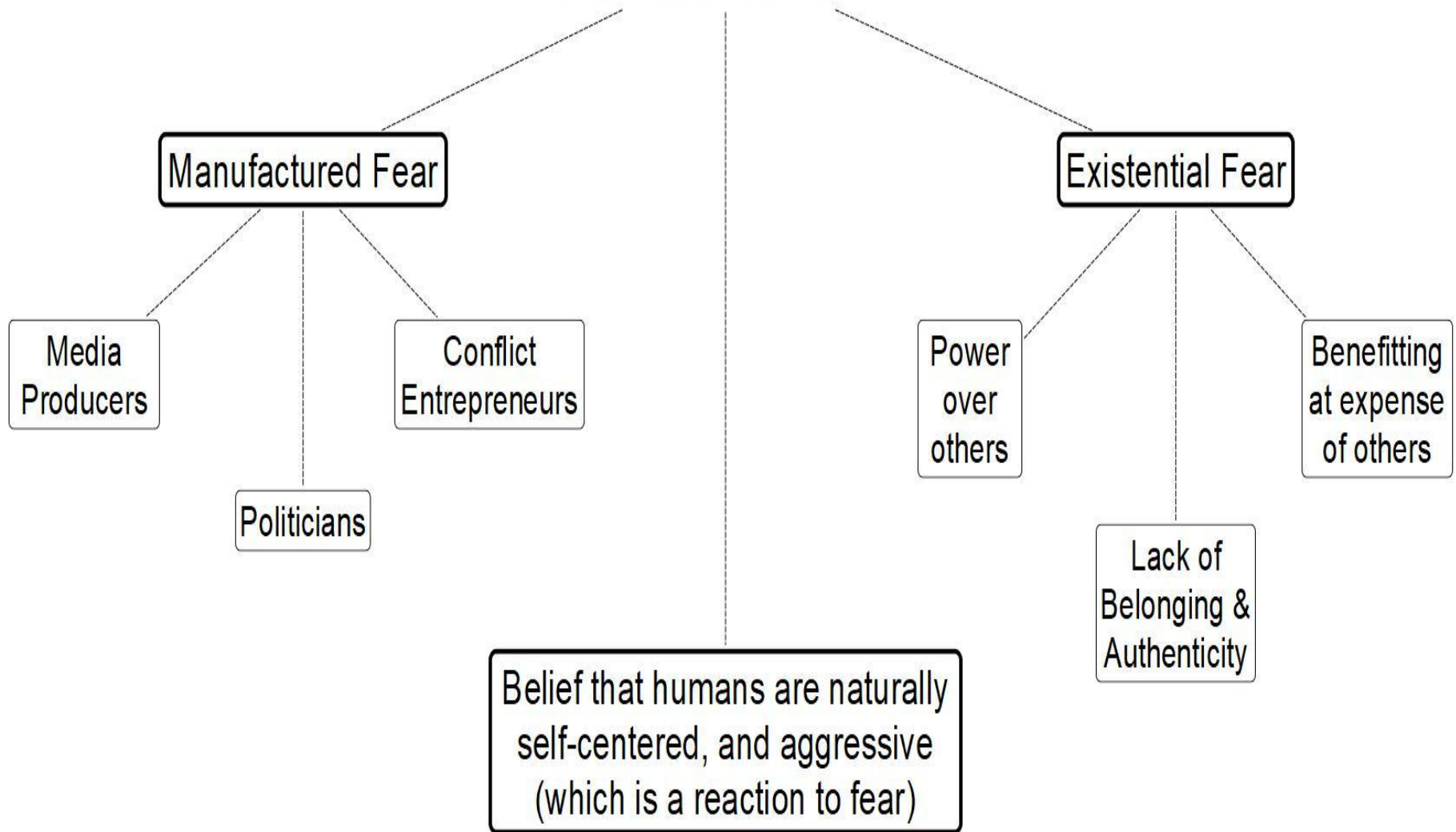
Keeps us from seeing and thinking clearly

Roots of Fear

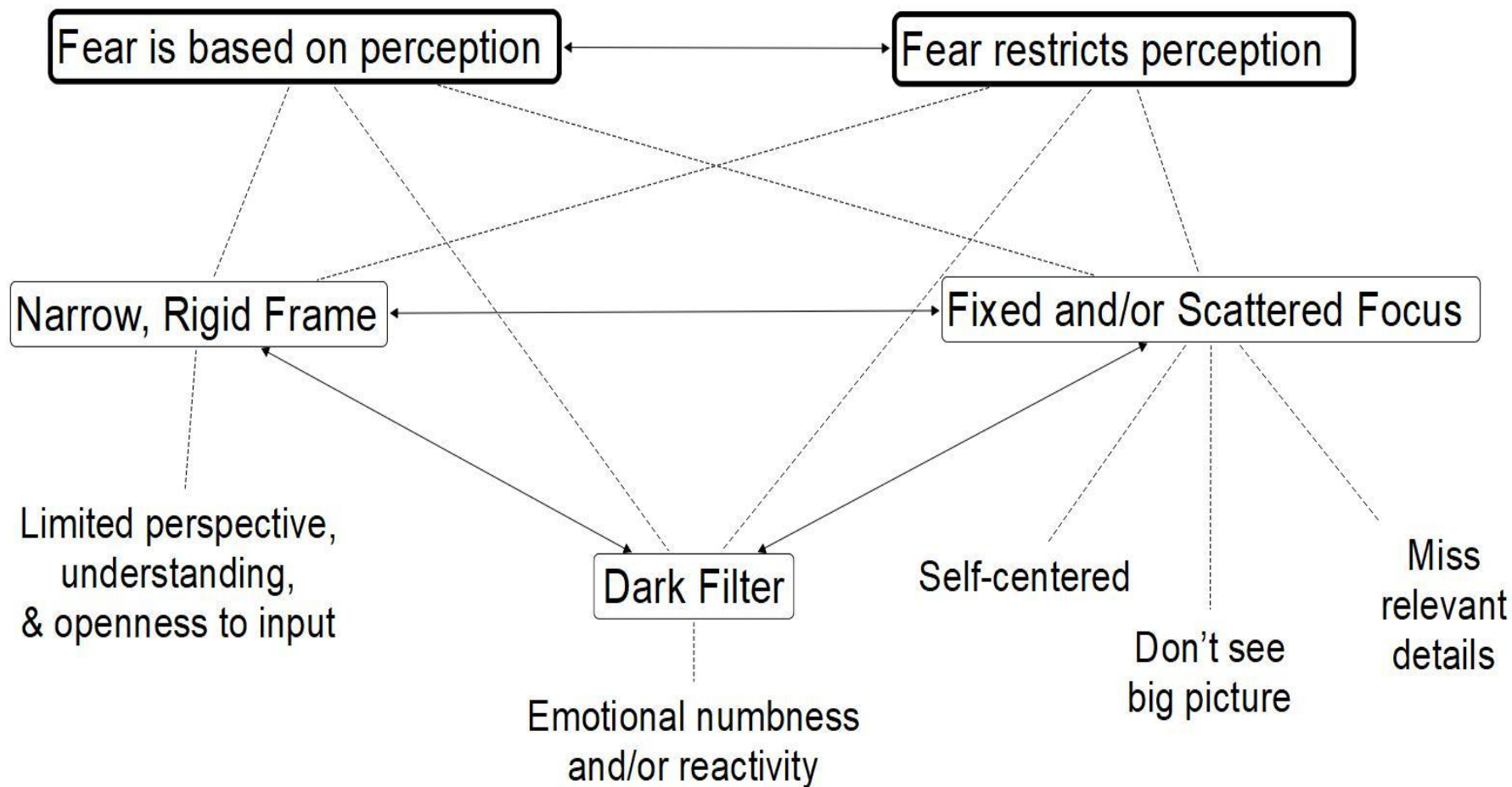
Chapter 4



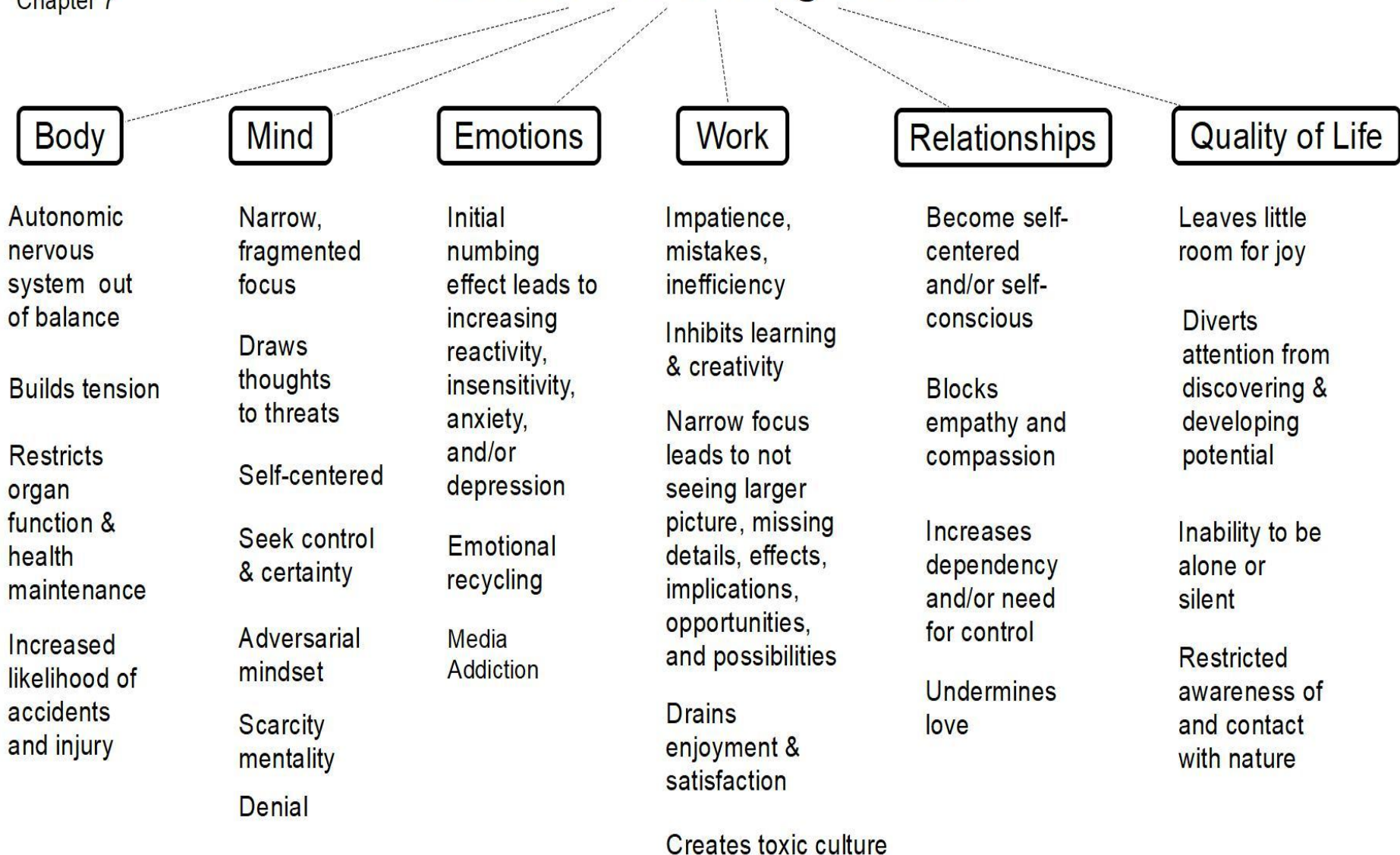
Hidden Fears



What You See Is All You Get



Effects of Prolonged Fear



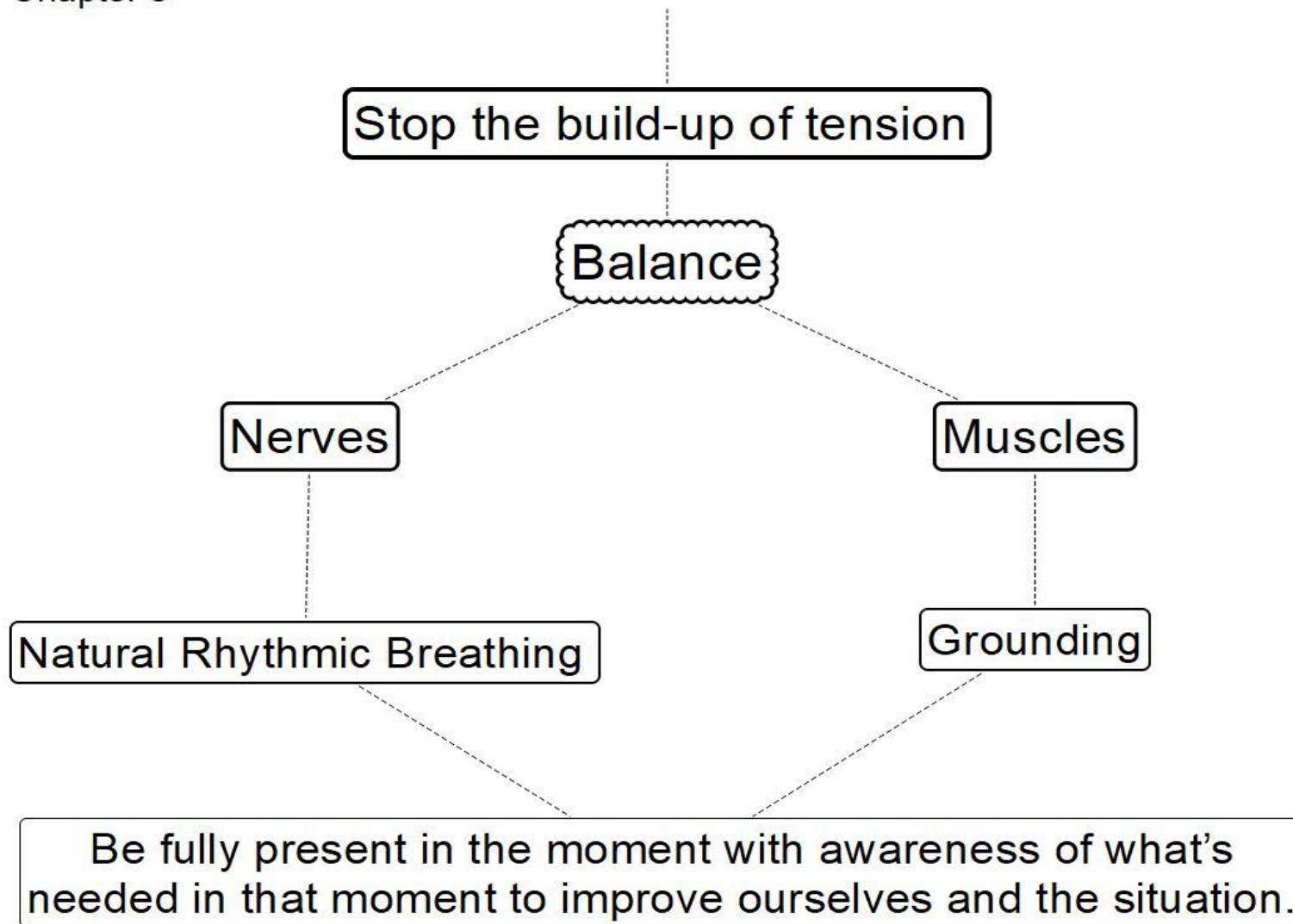
Part Two

Responding to Threats

Responding effectively to threats involves restoring physical, mental and emotional balance, learning to see and think clearly, and working with others to understand what's going on and what we can do about it.

We deal with threats more effectively when we stop blaming and complaining and transform fear into caution, concern, curiosity, and connection.

Restore Calm



Be Clear

Mind

Aware of direction of thought

Redirect thinking in helpful direction

View other perspectives

Clarify possibilities & options

Emotion

Understand nature of emotion

Emotions provide an overall assessment of the moment and adapts our energy to respond

Be able to shift focus

Separate thought from emotion

Experience emotion without tension

Check if emotion fits the situation

Information

Ask Questions

Media Literacy

Understand methods of media manipulation

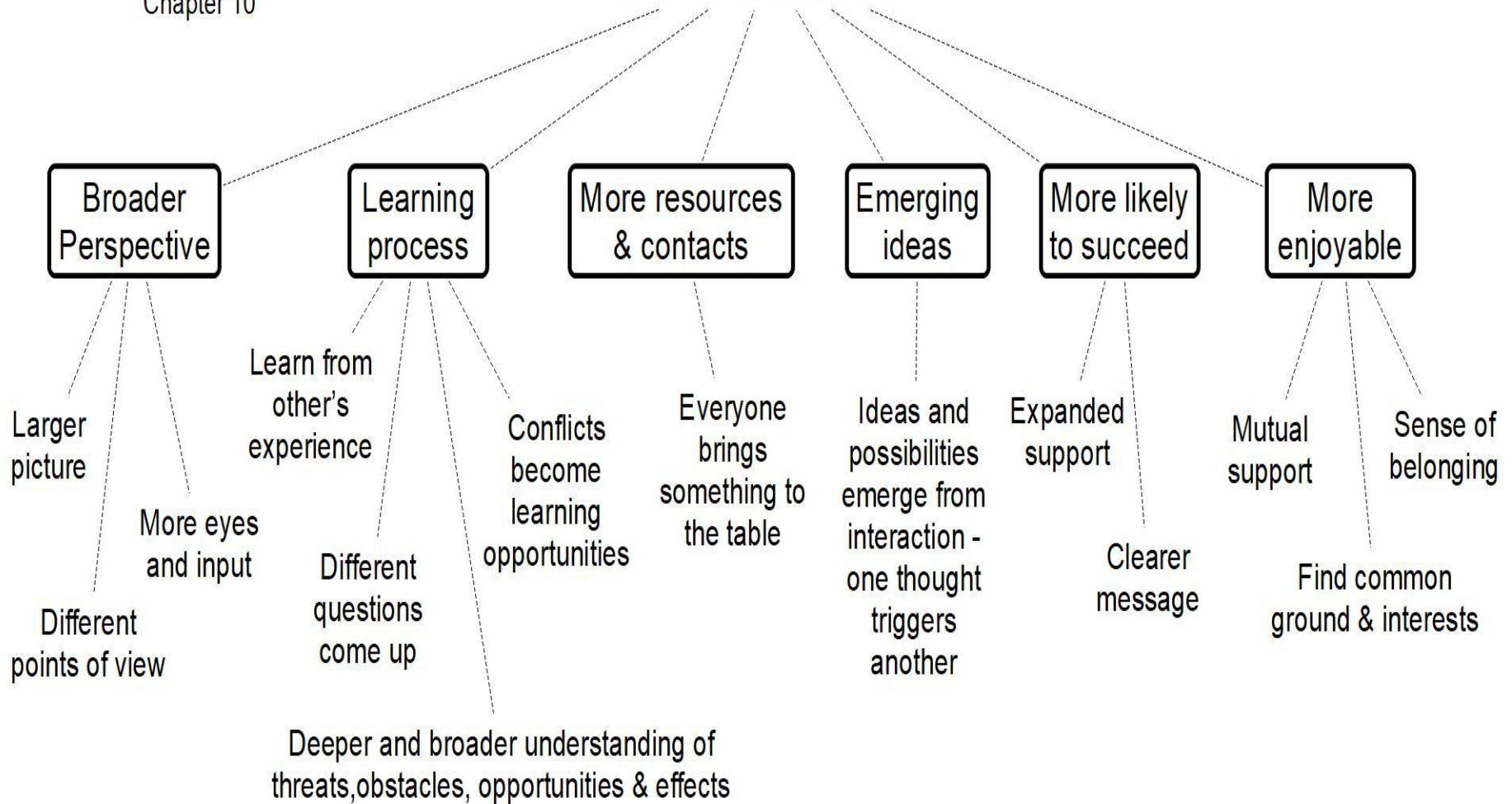
use of emotion

Find reliable sources & fact checkers

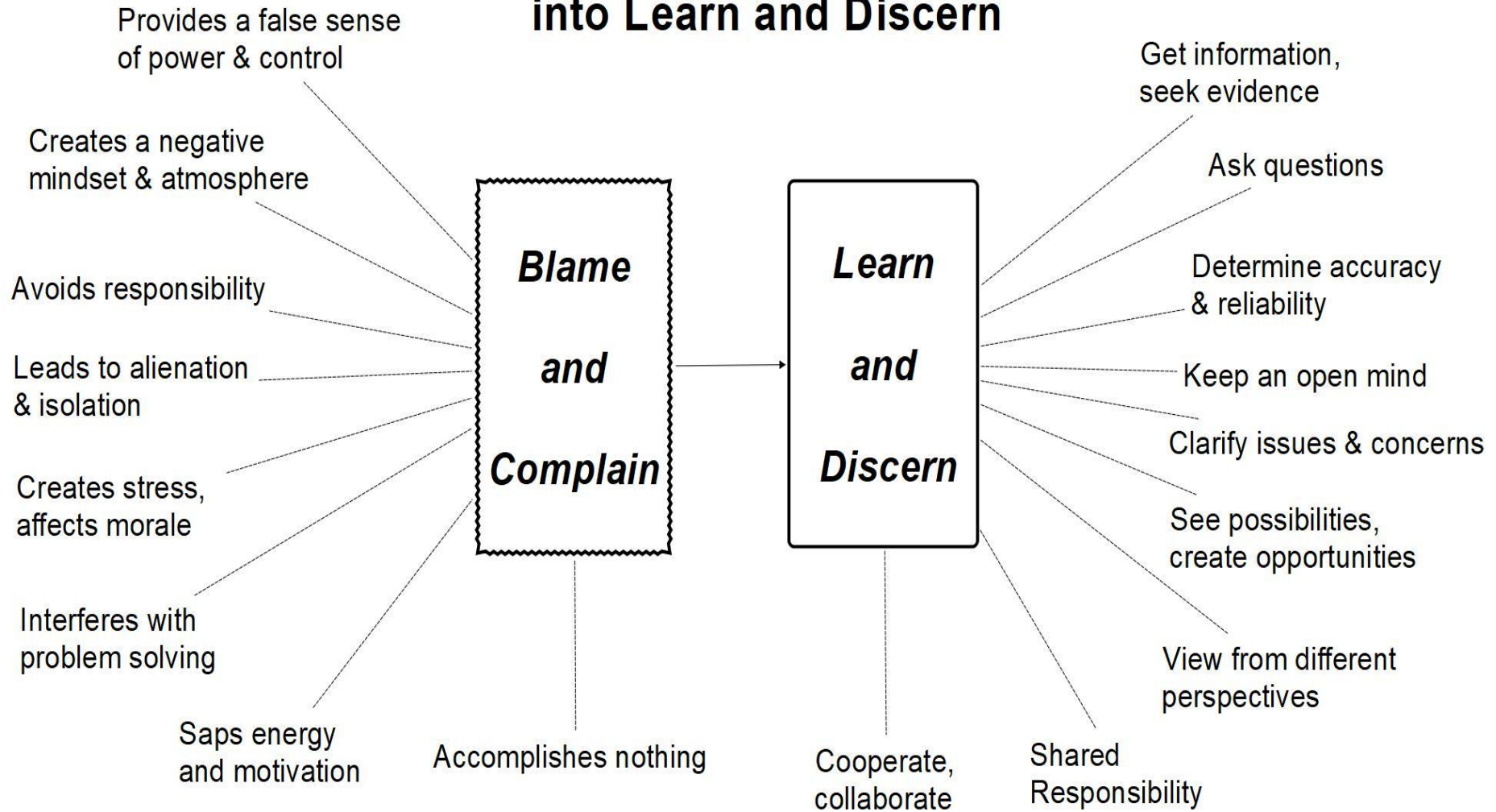
See intent of sources & how they benefit

View from different perspectives

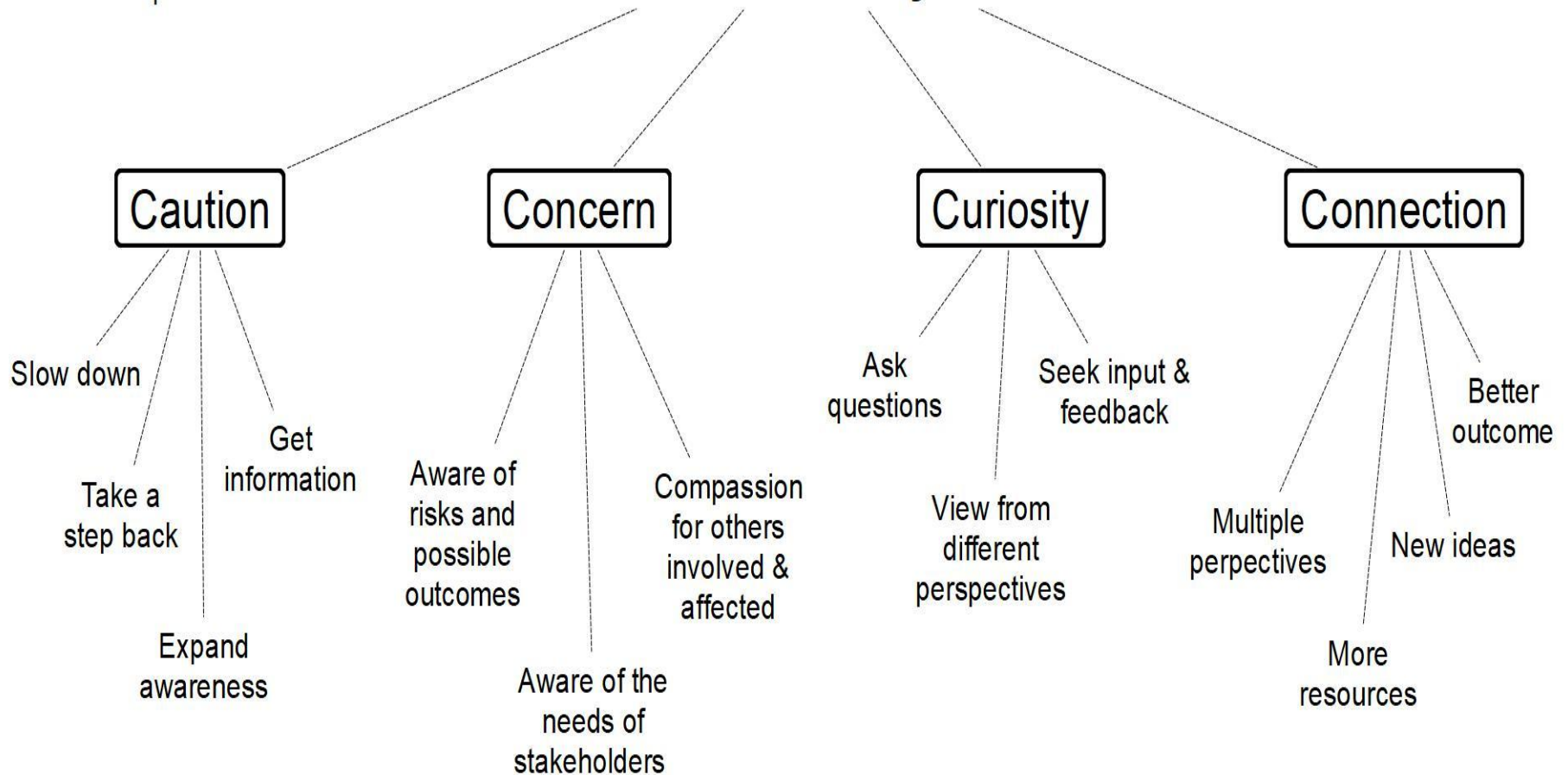
Get Connected



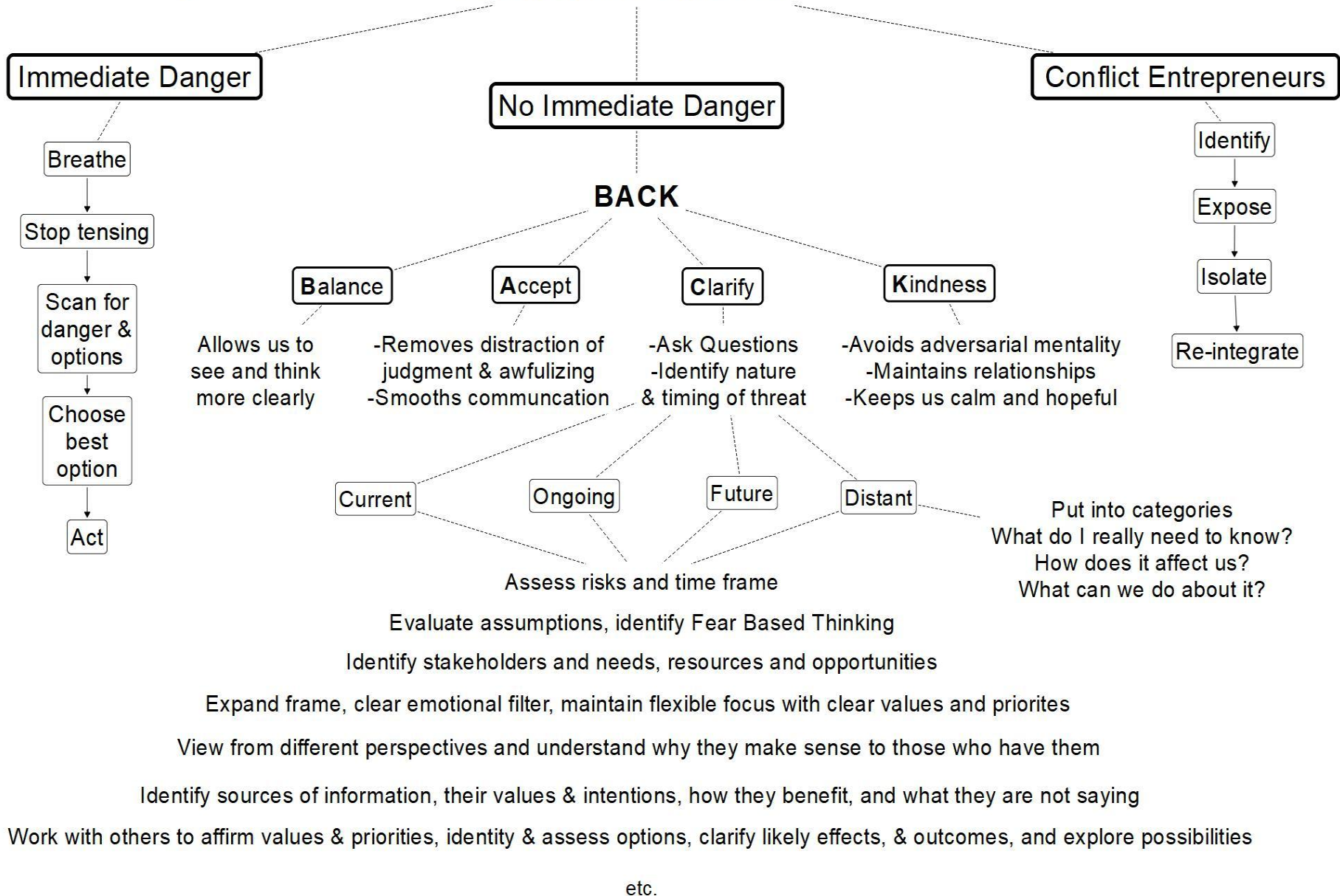
Transform Blame and Complain into Learn and Discern



Transform Fear into Caution, Concern, Curiosity, and Connection



Deal with Threats



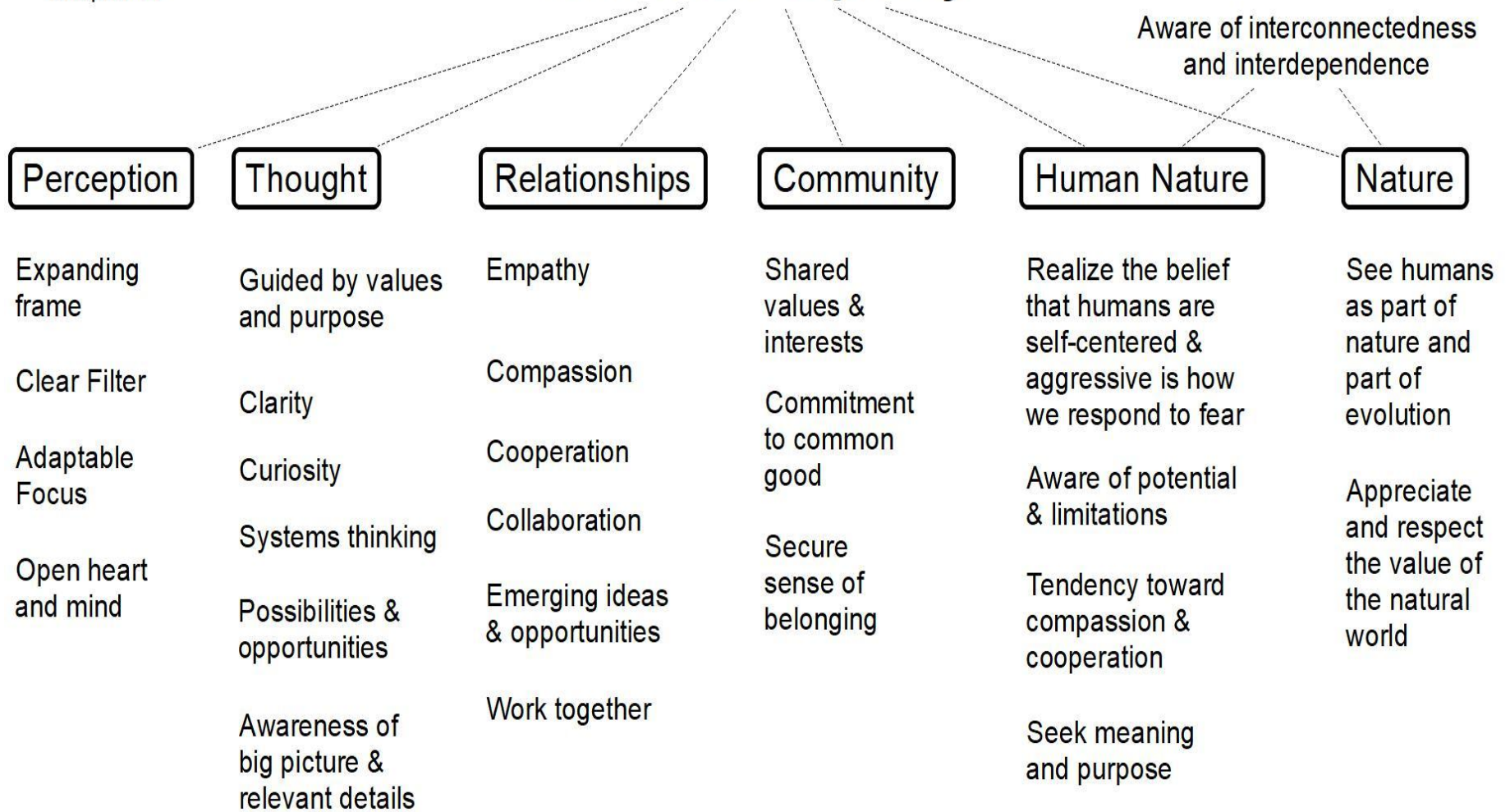
Part Three: True Freedom

True Freedom involves realizing who we are and how we can contribute to improving our world.

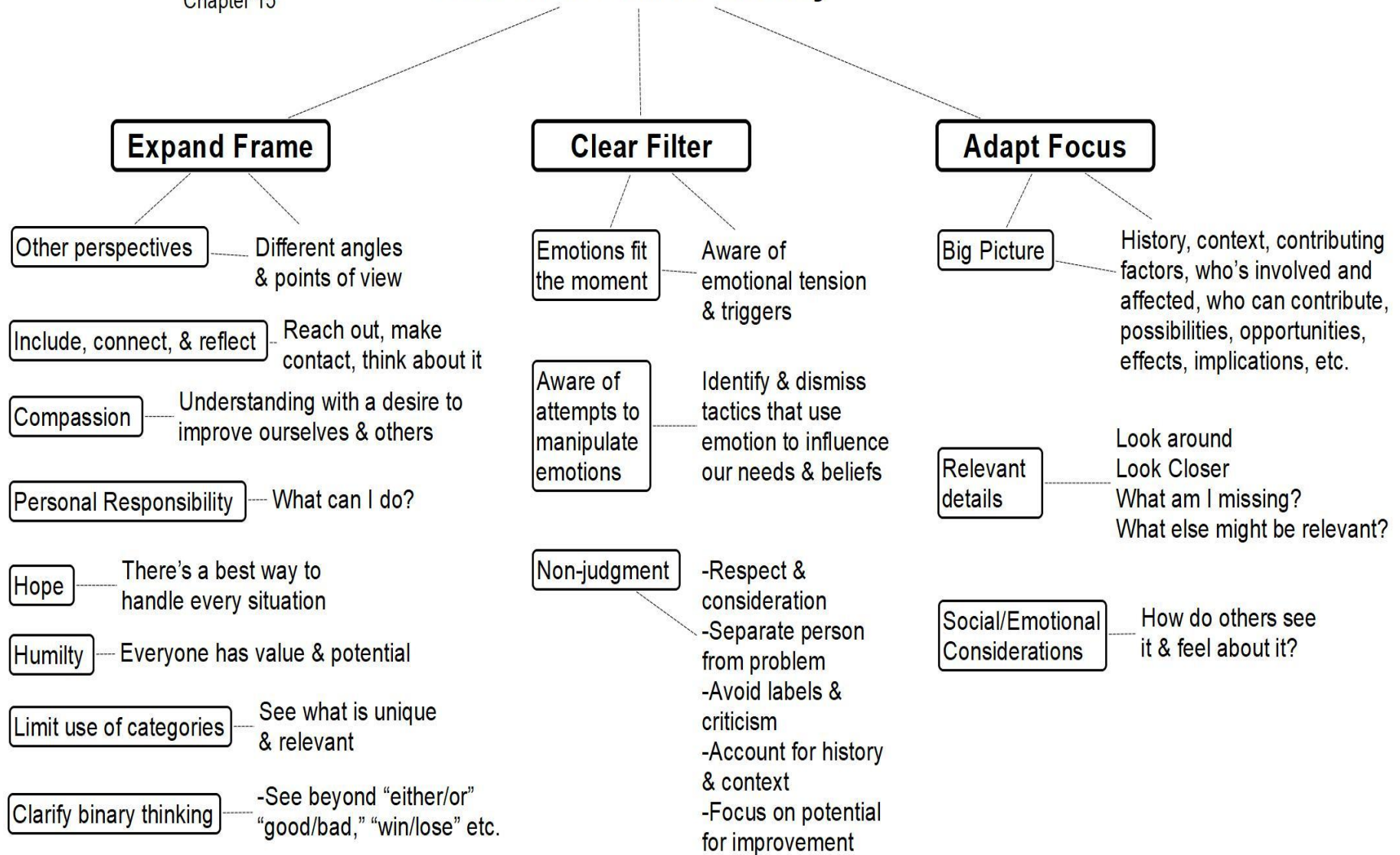
We discover True Freedom when we resolve unhealthy fear, restore our natural capacities, and become fully and become completely ourselves while creating an atmosphere of secure belonging for others. True Freedom allows us to realize our potential and work together to make our world a better place for our children and grandchildren.

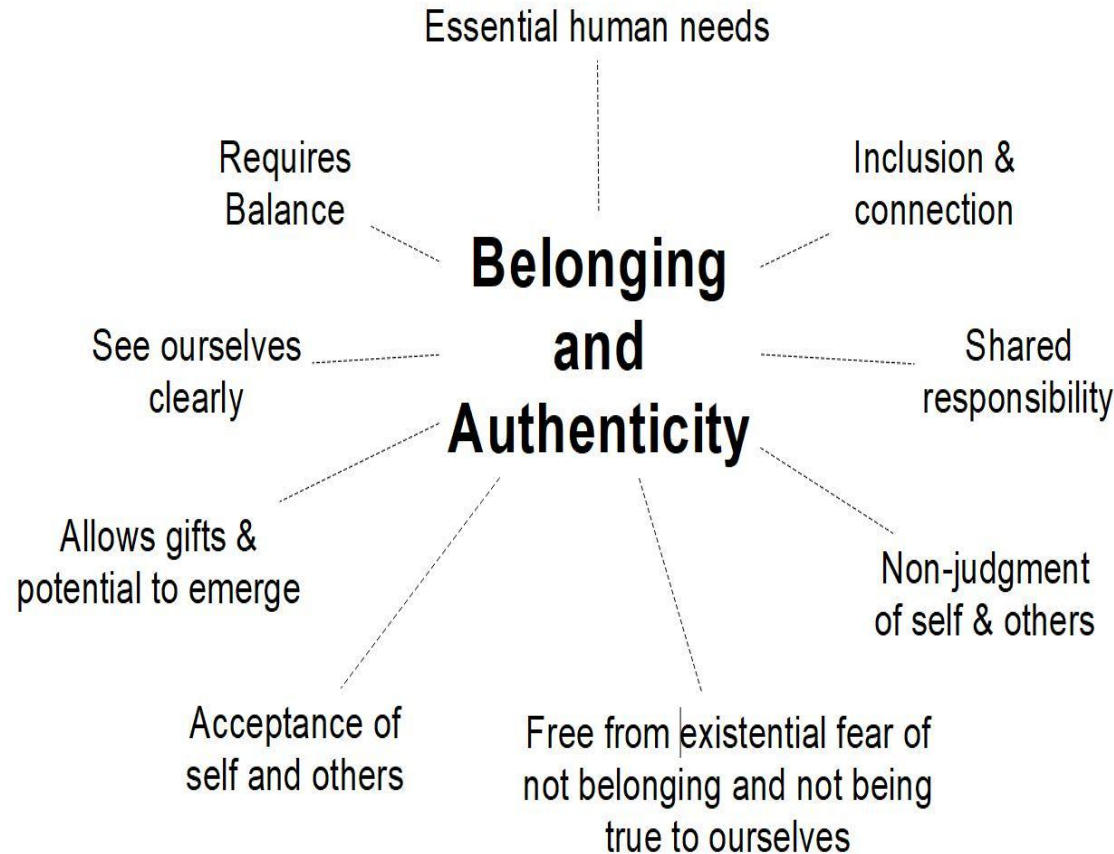
True Freedom has no enemies.

Restored Capacity



See and Think Clearly





True belonging

is a secure feeling of being valued, included, and connected.

Authenticity is

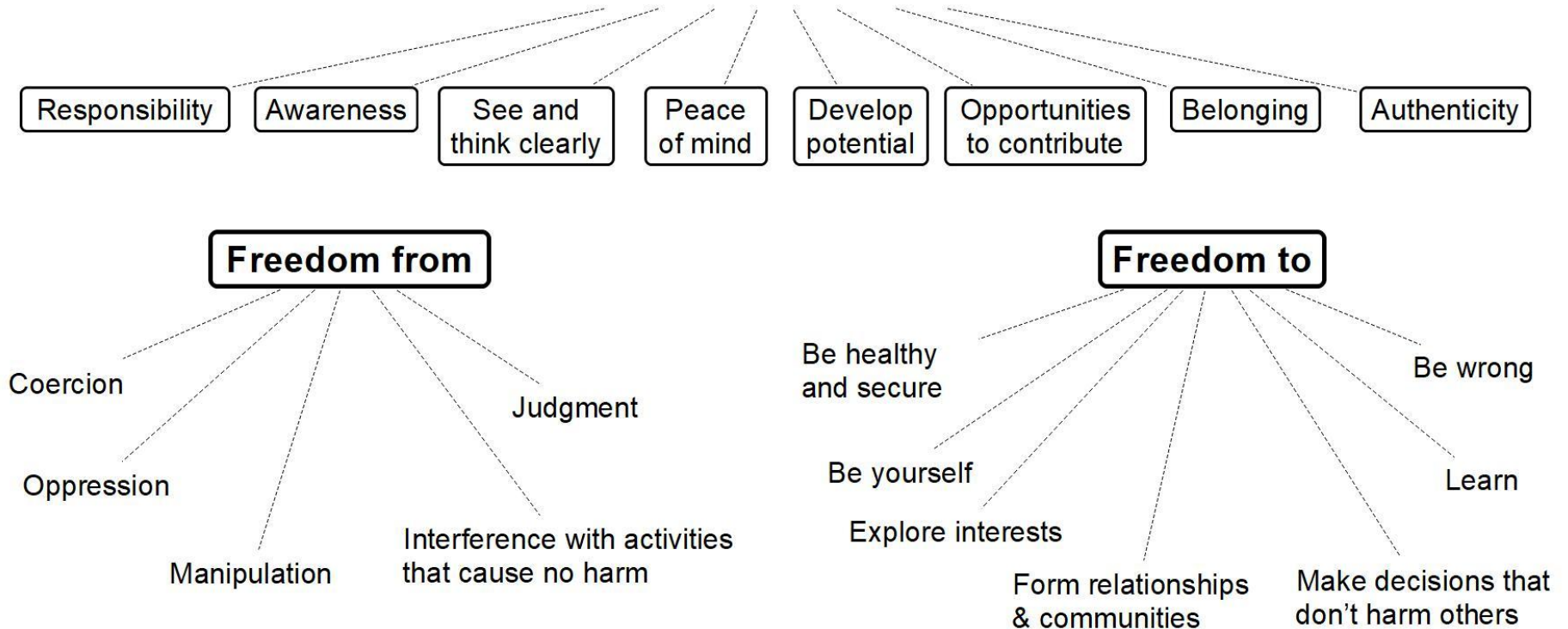
being comfortable with who you are, acting according to clear values, and well-grounded beliefs regardless of external pressures, and expressing yourself honestly without pretense or the need to be someone you're not.

Belonging and Authenticity are intertwined - secure belonging allows us to be ourselves - there's no true belonging without authenticity.

Immature Freedom involves being able to do what you want without concern for the effects on others

Chapter 17

Mature Freedom



Mature freedom involves being able to make informed choices that contribute to the common good while functioning at full capacity in an atmosphere of secure belonging