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

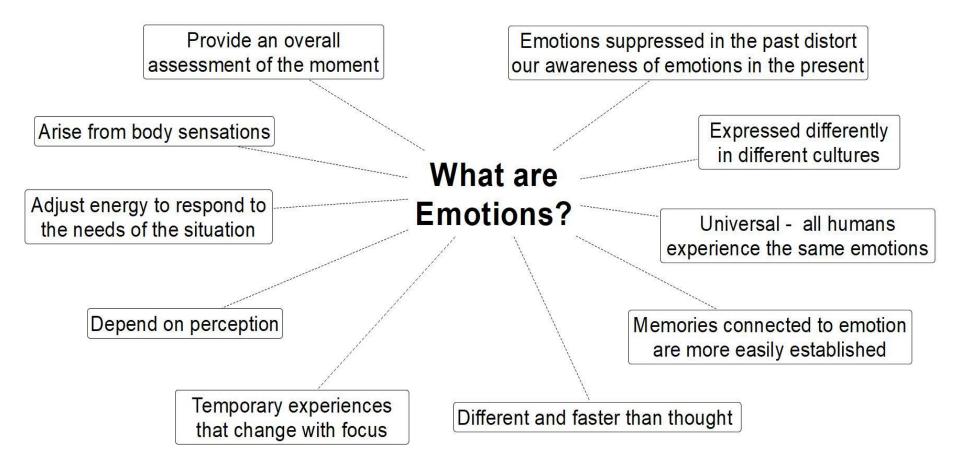
PART ONE	- UNDERSTANDING FEAR					
1	What Are Emotions?					
2	What Is Fear?					
3	Healthy and Unhealthy Fear					
4	Roots of Fear: Threats, Thoughts, and Tension					
5	Hidden Fears					
6	What You See Is All You Get					
7	Effects of Prolonged Fear					
PART TWO – RESPONDING TO THREATS						
8	Restore 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

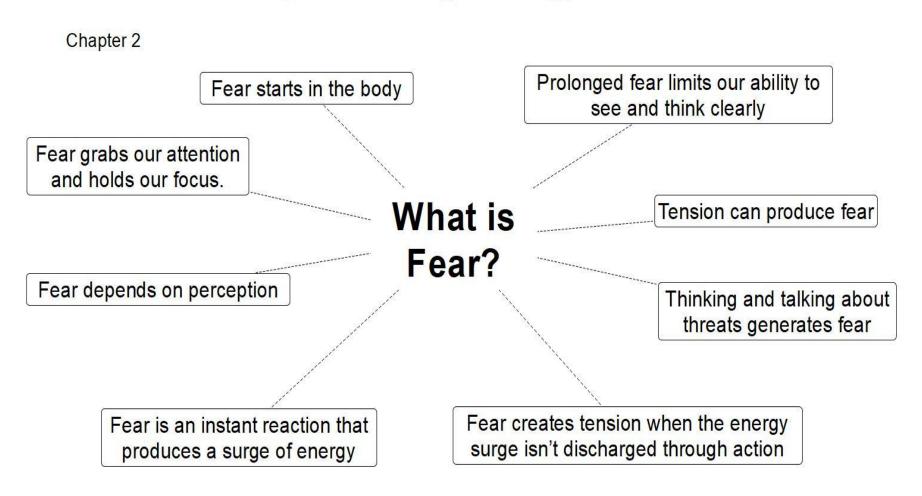
Chapter 1

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.



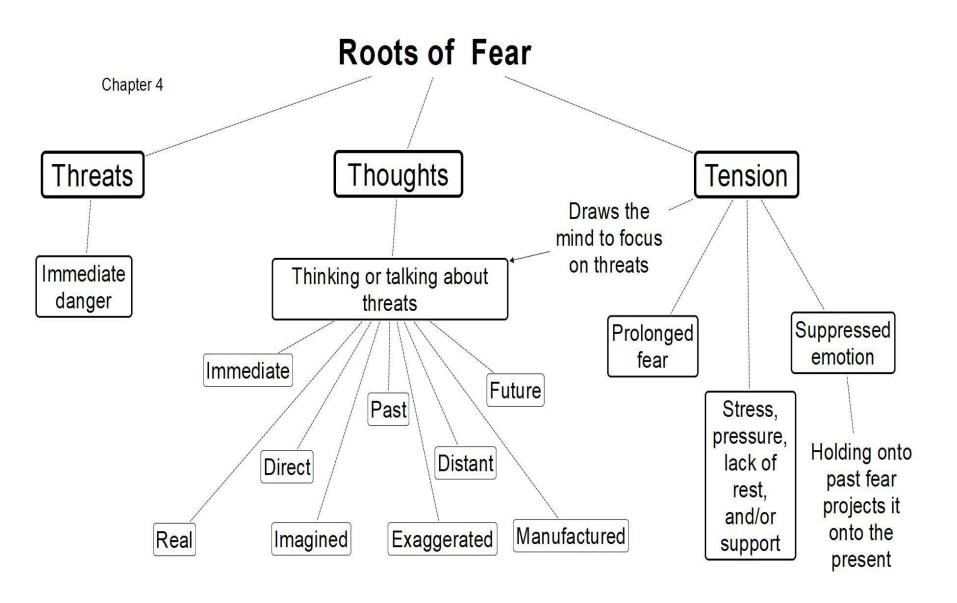
Chapter 3

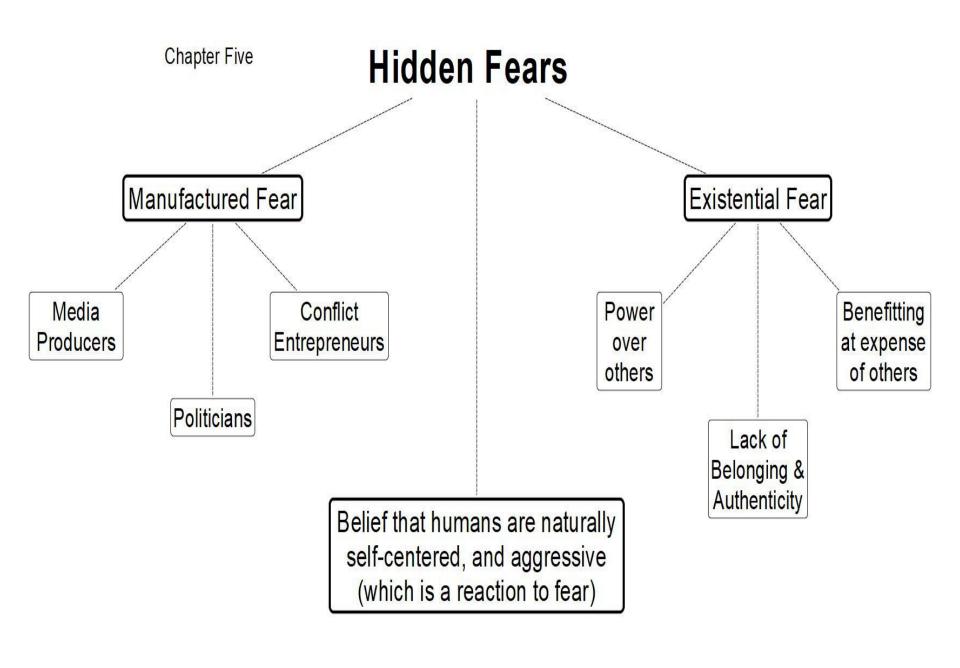
Healthy and Unhealthy Fear

Healthy Fear

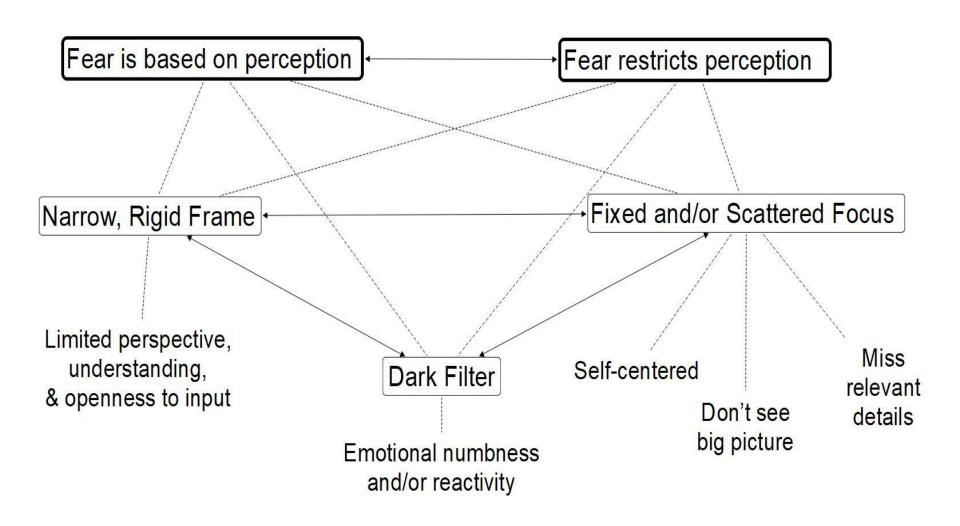
Grabs our attention and provides the energy and focus to respond to an immediate threat when direction and outcome are clear







What You See Is All You Get



Effects of Prolonged Fear

Chapter 7 Quality of Life **Emotions** Work Relationships Mind Body **Autonomic** Initial Leaves little Narrow. Impatience, Become selffragmented numbing mistakes. centered room for joy nervous effect leads to system out focus inefficiency and/or selfof balance increasing conscious Diverts Inhibits learning Draws reactivity, attention from & creativity thoughts insensitivity, **Builds** tension Blocks discovering & to threats anxiety, Narrow focus empathy and developing and/or leads to not potential Restricts compassion Self-centered depression seeing larger organ function & picture, missing Increases Inability to be Seek control **Emotional** health details, effects, alone or dependency & certainty recycling maintenance implications, and/or need silent opportunities, for control Adversarial Media Increased and possibilities Restricted Addiction mindset likelihood of Undermines awareness of accidents Drains and contact Scarcity love and injury enjoyment & mentality with nature satisfaction

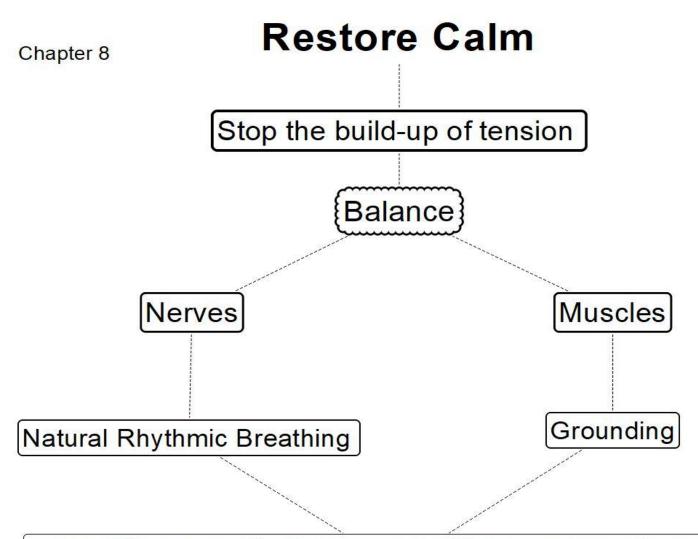
Creates toxic culture

Denial

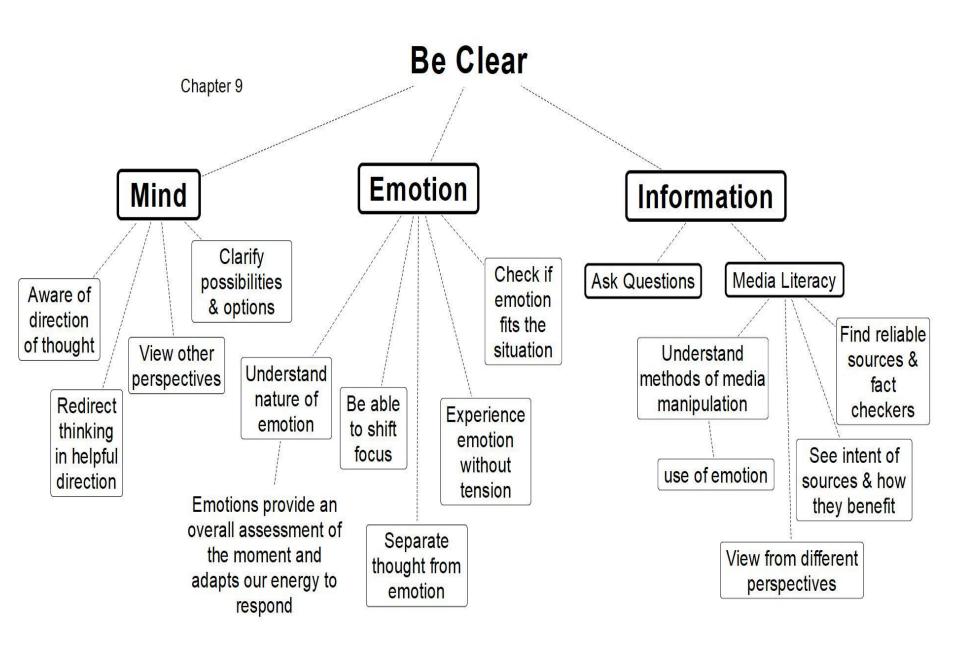
Part Two Responding to Threats

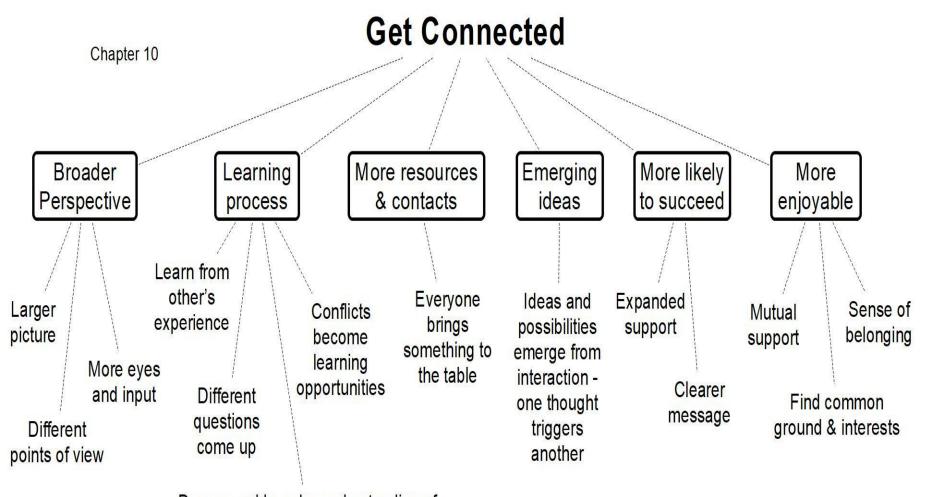
Responding effectively to threats involves restoring physical, mental and emotional balance, learning to see and think clearly, and working with others to understand what's going on and what we can do about it.

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

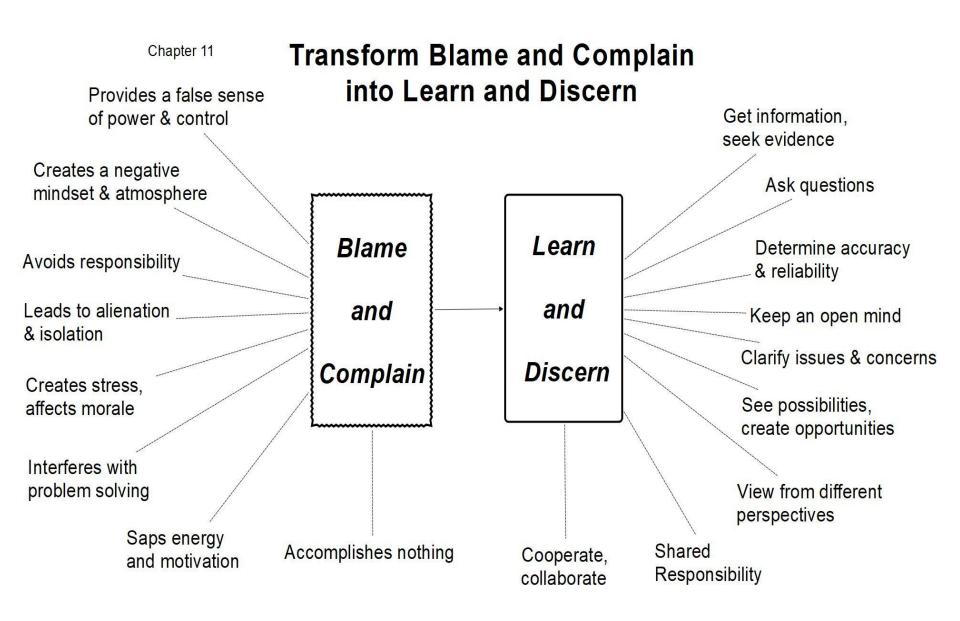


Be fully present in the moment with awareness of what's needed in that moment to improve ourselves and the situation.

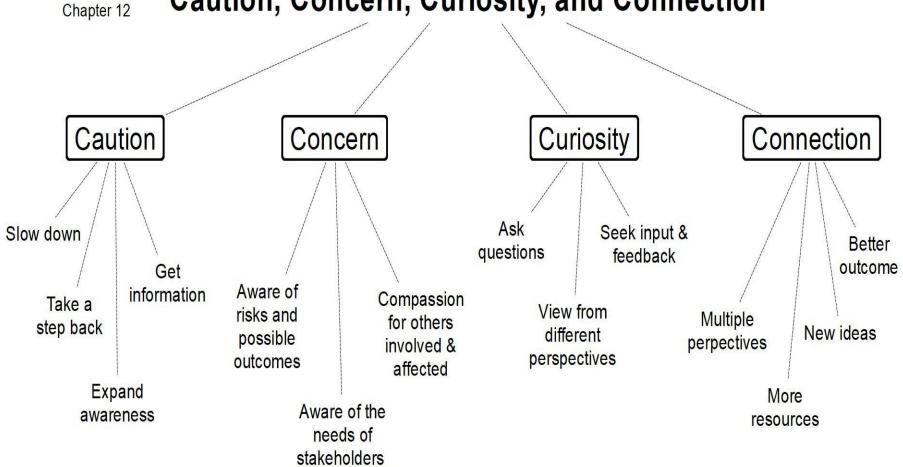


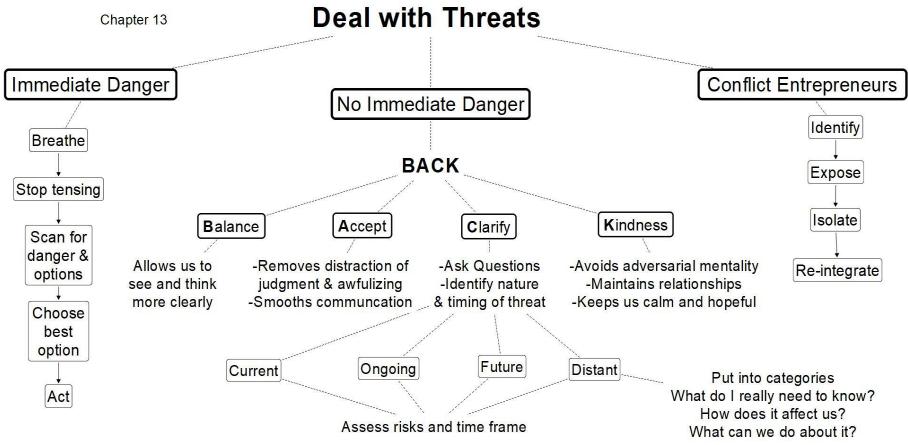


Deeper and broader understanding of threats, obstacles, opportunities & effects



Transform Fear into Caution, Concern, Curiosity, and Connection





Evaluate assumptions, identify Fear Based Thinking Identify stakeholders and needs, resources and opportunities

Expand frame, clear emotional filter, maintain flexible focus with clear values and priorites

View from different perspectives and understand why they make sense to those who have them

Identify sources of information, their values & intentions, how they benefit, and what they are not saying Work with others to affirm values & priorities, identity & assess options, clarify likely effects, & outcomes, and explore possibilities

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.

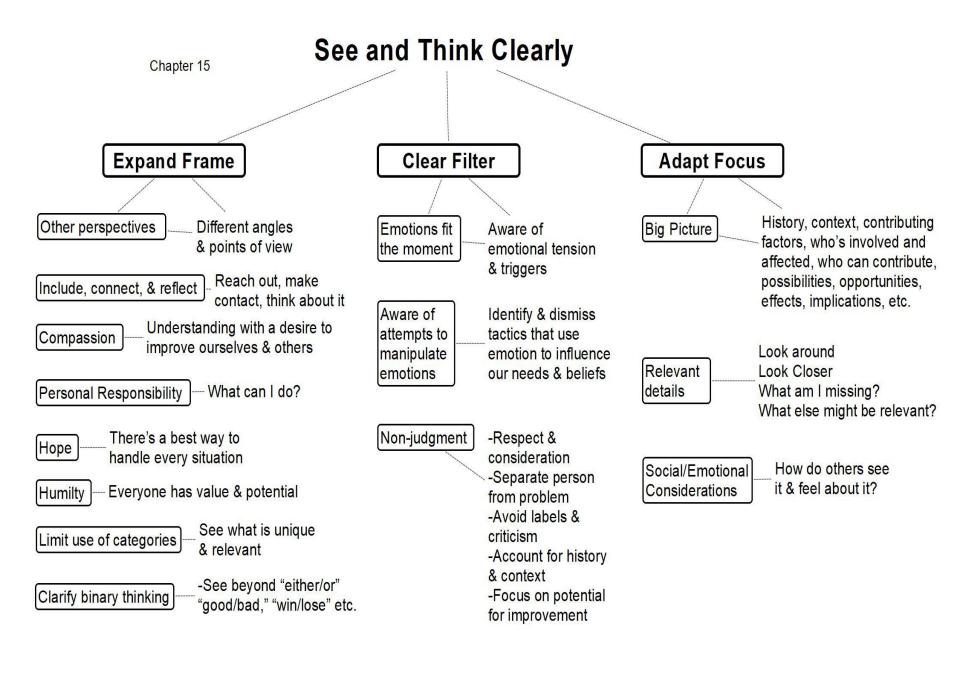
True Freedom has no enemies.

Chapter 14

Restored Capacity

Aware of interconnectedness and interdependence

Perception	Thought	Relationships	Community	Human Nature	Nature
Expanding frame Clear Filter	Guided by values and purpose Clarity	Empathy Compassion	Shared values & interests Commitment to common good Secure sense of belonging	Realize the belief that humans are self-centered & aggressive is how we respond to fear	See humans as part of nature and part of evolution
Adaptable Focus Open heart and mind	Curiosity Systems thinking Possibilities & opportunities	Cooperation Collaboration Emerging ideas & opportunities		Aware of potential & limitations Tendency toward compassion & cooperation	Appreciate and respect the value of the natural world
	Awareness of big picture & relevant details	Work together		Seek meaning and purpose	



Essential human needs

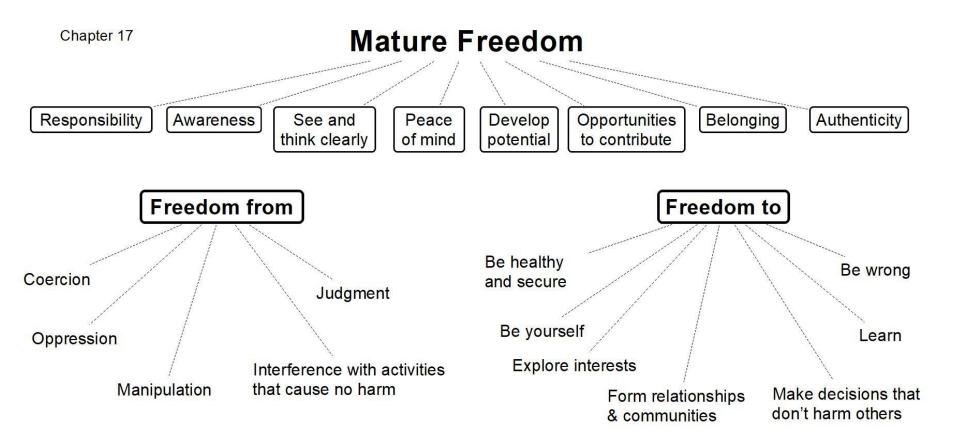
True belonging is a secure feeling of being valued, included, and connected.



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



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