

To End Fear — You Need to — Understand Fear

A PRACTICAL & RATIONAL APPROACH
TO FREEDOM FROM FEAR

THE
NEXT STEP

DEEPER UNDERSTANDING.
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To End Fear You Need To Understand Fear

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Endingfear.org®

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What You Need to Understand About Fear

Fear has been defined as a feeling of anxiety caused by the presence of danger, evil, or pain. Yet such a definition leaves one with the impression that fear is a natural state which an individual has little ability to control, manage, or eliminate. Fear is given the appearance of a reality rather than just a belief. A more complete definition would address the source of fear. Fear does not arise from the actual presence of danger, evil, or pain, but rather from the belief of such a presence coupled with the belief that you lack the ability to handle it. Thus, fear is the belief that you lack the ability to handle a given situation. There is no need that danger, evil, or pain be involved. Any feeling of inadequacy will do. When the cause of fear is properly understood, the solution to coping with fear becomes apparent. If you are to manage or eliminate fear in your life, you must either change your beliefs and/or improve your ability to respond appropriately to any given situation. Only when you understand the root cause of fear does solving the fear problem become possible.

What Is Fear?

If you are to manage or eliminate fear, it is important to understand what fear is and what causes you to move into fear. We all have experienced fear in our lives, but we need to clarify the meaning of this term.

Webster's New World Dictionary has numerous definitions for the word FEAR.

FEAR, as defined as a noun, is: a feeling of anxiety and agitation caused by the presence or nearness of danger, evil, pain, etc.; timidity; dread; terror; fright; apprehension

FEAR, as defined as a verb, is: to be afraid of; dread: to expect with misgiving; suspect

Webster's New World Dictionary also shows synonyms to be specific forms of FEAR.

FEAR is the general term for the anxiety and agitation felt in the presence of danger.

DREAD refers to the fear or depression felt in anticipating something dangerous or disagreeable (i.e. to live in dread of poverty)

FRIGHT applies to a sudden shocking, unusually momentary fear (i.e. the mouse gave her a fright)

ALARM implies the fright at the sudden realization of danger (i.e. He felt alarm at the sight of the speeding car.)

TERROR applies to an overwhelming, often paralyzing fear (i.e. the terror of soldiers in combat)

PANIC refers to a frantic, unreasoning fear, often one that spreads quickly and leads to irrational, aimless action (i.e. the cry of "fire!" created a panic)

When I use the word FEAR, I will couple both the feeling of the anxiety with the associated cause of fear.

My stipulated definition of the word FEAR is as follows.

FEAR IS THE STATE OF AGITATION THAT ARISES WHENEVER YOU BELIEVE YOU LACK THE CREATIVE POWER TO HANDLE A GIVEN SITUATION.

Note that I have used the term CREATIVE POWER to emphasize the role that we play in the creation cycle, which will be covered in Steps #3-5 of the "7 R" Formula. These three steps are Relationship, Responsibility, and Reinterpretation. Once you understand the creation cycle

and your part within it, your creative energy will be used more efficiently. This, in turn, will result in a reduction in experiences that are deemed to be fearful.

I do not believe anyone will have a problem with my stipulated definition of the word FEAR. Note that this definition addresses people's claim that fear keeps you safe by alerting you to sudden bodily danger or surprise. Thus, even after the elimination of fear, you will still experience events that result in temporary ALARM or FRIGHT. Thus, if you are walking and a car suddenly honks its horn, you still might jump.

Both the terms ALARM and FRIGHT are tied to the physical body's autonomic response system. It triggers evolution's fight-or-flight response that has been hard-wired into the body's physiology. It is an evolutionary survival mechanism for bodily protection. It temporarily alerts and focuses your attention so that you can determine an appropriate response.

Stress and Fear

Fear is always a sign of stress and strain. Whenever what you want and what you do are in conflict, stress will appear. Both your desires and actions need to be in alignment. Anytime your mind's goals and your behavior are at odds, stress will rear its ugly head.

Two different types of situations create stress in your life. In the first, you choose to do conflicting things, either simultaneously or successively. Your actions are inconsistent with your predetermined goal. (i.e., you start to study for a test, but when a friend calls, you decide to go out and get drunk.)

In the second situation that generates stress, you behave as you think you should without entirely wanting to do so. In the above example, when your friend asks you to go out for a drink, you stay home and study, but you still want to get that drink. Type #2 produces consistent behavior with your goal of passing the test but entails a great deal of strain on your system.

In both cases, mind and behavior are out of accord. This results in a situation in which what you are doing is not what you totally want to do. Whenever there is stress, it is because you have not made up your mind. Your mind is conflicted over its goals and priorities. This generates inconstant and erratic behavior on your part. By correcting your behavior, you can shift the error that is causing stress from Type #1 to Type #2 but you will still be under stress and fear. In the first example, you can decide not to go to the bar and instead study, but if you still wanted to get drunk, you would still be under Type #2 stress.

Often, we have multiple and conflicting goals that need to be prioritized. The ordering of long- and short-term goals may shift as deadlines approach. When you clarify your life's purpose, your goals and priorities are solidified. Your mind and behavior are better aligned, and stress in your life is reduced. For example, if your overriding goal is to become the best tennis player you can be, the fact that you do not have time to play a round of golf because you are practicing tennis will not be a difficult decision.

The "7 R" formula will bring clarity to your life, thus helping you favorably resolve these important issues.

Two Questions That Cause Fear

FEAR arises when you believe you cannot handle a situation. It is your beliefs that trigger the fear response, not the actual event itself. This means that if you believe you do not have the creative power to handle the situation when you actually do, you will move into fear. Yet, when you believe that you can handle the situation when you actually cannot, fear will not arise. This demonstrates the fact that your perception of the event rules the emotion you label as FEAR. If you are unaware of the presence of a dangerous situation, the fear response will not be triggered. Your beliefs and judgments, not the level of actual danger inherent in a given situation, control the emotion you call fear.

FEAR is False Evidence Appearing Real. It is based on mental judgments that are filtered through your default thought system. These judgments are not based on reality but rather your perception of reality. Thus, what one calls FEAR is actually a mental judgment, not a unique bodily reaction. Physiologists have proven that the body's physiological responses to what we call fear or excitement are identical. It is only the mental judgment that is being processed through your current thought system that determines if the experience will be labeled fear or excitement.

Fear arises anytime you get either of these two questions wrong.

The first is, "What am I?"

The second is, "What do I value and why?"

The answers to these two questions will form the foundation for your thought system. You must answer both questions correctly if you hope to eliminate fear from your life. One wrong answer will generate a fear-based thought system that will become the source for all your fears. You can never escape fear within a thought system that was originally designed to plant and grow the seeds of fear into your life. Under such a thought system, one can only hope to cultivate, nurture, and manage fear's growth, never eliminate it.

You need a totally different thought system that does not rest on fear. A new paradigm that provides a different mindset to answer those two questions correctly. When you answer both questions correctly, fear loses the fertile ground that it needs to flourish. The source for all your fears is your fear-based thought system. Without the thought system that created it, fear dissolves. The "7 R" Formula will provide the correct answers to these two questions so that your thought system is no longer fear-based.

Three Common Fears

Many surveys and studies have been done on human fears. As a group, we have numerous fears and phobias, so it would be wrong to suggest that a person would only have one fear in their life. Instead, we all tend to have multiple fears. Mankind's top three fears are.

- 1) Fear of death
- 2) Fear of snakes
- 3) Fear of public speaking.

The idea that death would be our number one fear comes as no surprise. When I give talks, the audience always gets that one right. Fear of public speaking also is mentioned, but the fear of snakes normally is not guessed. When I list it, however, it comes as no surprise.

Fear of death takes two forms. Fear that you will cease to exist and, if there is an afterlife, what happens upon your death. We wonder what comes next? Is there some final judgment

lurking over the horizon? Yet, these questions are a subset of one common fear. It is the fear of the unknown. We lack certainty about the future and, therefore, are unsure over what plan of action will maximize long-term happiness and minimize pain.

The fear of snakes may be rooted in bodily defenses, but few snakes actually threaten our lives. Yet, on the psychological level and found in many religious traditions, snakes are a symbol of evil. Both on a conscious and subconscious level, snakes symbolize the belief that there is an outside force that can steal your inner peace and happiness. Thus, you need to guard against evil's presence.

The fear of public speaking may actually mask a more deeply held fear. The root fear is the fear of being judged as inadequate or not good enough. In the fear of public speaking, we can observe how a surface belief may actually have its root cause in another more fundamental and often secretly held core belief or fear.

When dealing with any fear, it is important to identify the surface problem, but you should not stop there. One needs to explore the issue in an attempt to find the root cause of the problem. We need to stop administering to the effect, the surface issue, and start eradicating the problem at its source, the underlying belief. Without the correction of the core belief, the same fear will simply reappear somewhere else in your life. The players and scenery may change, but the plot will remain the same.

Most of my work centers on digging below the surface issue. Typically, the root of the problem is a hidden belief that is held at the subconscious level. The original cause is some indoctrinated belief that was accepted in childhood as the truth. Thus, its validity has never been questioned in later life as an adult. Because of this, the child or adult develops various coping strategies to minimize the negative consequences of the unchallenged core belief. Unfortunately, these coping strategies can only manage and mitigate the adverse effects of the core belief. The true cause can never be eliminated since the mind perceives the underlying core belief to be a changeless fact.

For example, as a child, I was told that I was not as smart as my siblings. This belief was constantly reinforced by my parents, teachers, and actual life experiences. If I were to get good grades, I would have to study extremely hard. The level of my intelligence was assumed to be an unchangeable fact. If the natural result of getting poor grades was to be avoided, a corollary belief, which typically takes the form of an exception to the rule, was needed. Corollary beliefs are designed to mitigate the negative consequences of the original core belief that continues to go unchallenged.

In my case, the corollary belief, if I study hard, adds an additional factor to the equation for getting good grades. Corollary beliefs are minor premises within our thought system that attempt to avoid the logical consequences that follow from the system's major premises. They are coping strategies. This method of blindly accepting the validity of the core beliefs while carving out exceptions to the general rule requires ongoing effort, discipline, and is a tremendous drain on your energy. Stress is generated since your actions are often in conflict with your default or unconscious belief system.

Because we do not know the source of our fear, we have a difficult time ending fear. Our fear-based thought system does not keep us safe. It is the secret breeding ground for new fears. Since we fail to properly identify our thought system as being the true source of fear, we remain unconsciously incompetent in regard to ending fear. Our conscious mind does not realize that our subconscious thought system is secretly running the show by default.

You need to uncover your default belief system if you are to eradicate the source of fear in your life. Negative beliefs about yourself and your world are the primary source and breeding ground for fear. Remember that society sees your individuality and personal freedom as a threat to its authority. Society's goal is to control and manage its members and thus maintain its power. Your social indoctrination into their fear-based thought system is the instrument for establishing and maintaining this control. You need to reclaim ownership of your thought system and self-identity.

Two Emotions: Two Thought Systems

Ludwig Wittgenstein was one of the most influential philosophers of the twentieth century. Wittgenstein believed that most philosophic problems had their roots in the misuse of language. There were no "problems," rather, problems were only misunderstandings and puzzles brought about through errors in using the logic and grammar of the language itself. He explored the logic of language in an effort to resolve these problems.

Language is a social action. It is designed to communicate one's thoughts to another. To be effective, there needs to be common agreement about the meaning, logic, and syntax of the language if the words are to be properly understood. Without this agreed upon framework, the words become mere gibberish. Since words mean different things to different people, it is important that there is agreement as to what definition is to be utilized in any given conversation. Words are symbols, and you need to have the key to decode the message.

In my own work, I have found this to be true. Once we agree on a common definition, or discover the flaws in the logic, the problem normally resolves itself. Throughout this book, I will use common words that have multiple definitions. To avoid any possible misunderstanding, I will use what in linguistics is called a stipulated definition. It is when an author provides a specific definition that defines what a word means anytime it appears in their work.

A stipulated definition is often designed to call attention to a certain aspect of the term for emphasis. A stipulated definition has already been given for the word FEAR. In fear's case, the idea that fear arises from your beliefs, not facts, has been given emphasis. I also intentionally exclude Webster's second definition for fear, which was respectful dread; awe; reverence, because it is not relevant to our discussion of fear in this book.

Emotion is energy in motion. It is the activating power source for the creative energy that you add to a creation cycle. This creative energy will be covered in steps 3-5 in the "7 R" Formula when the creation cycle is discussed in detail.

There are only two basic emotions: love and fear. Because of this, your actions will always be motivated by either fear or love. These two emotions are the driving forces behind your creative energy within a creation cycle. There are no exceptions. One may believe they are acting out of kindness or jealousy, but this is just a specific form of either love or fear.

Fear is love's opposite. They are mutually exclusive. In our fear-based world, one emotion may dominate, but often people vacillate between the two. Often actions that one perceives to be motivated by love arise out of a disguised form of fear. This is because we do not understand what true love really is.

We mistake "conditional love" for real love. "Conditional love" is actually a disguised form of fear. It is used by the giver to proclaim that they should be allowed to control, change, fix, impress or protect another because they love them. If the object of their "love" fails to abide by

their terms, the giver has the right and perhaps even a duty to end the relationship. What masquerades as love is actually a bartering transaction based in fear.

Conditional love disempowers all since it is the claim that another has the power to make you act against your own free will. If you can manipulate someone, it implies that you are also subjected to manipulation. The use of blame, shame, and guilt are the preferred tools of conditional love.

Both love and fear have many aspects or characteristics associated with them. For example, hatred is an extreme form of fear, but it is still fear. Love also has many different characteristics that are associated with the word LOVE. Kindness, forgiveness, and patience are a few of the traits associated with the word LOVE. Since only two emotions can rule your world, it is important that I provide a stipulated definition that will be utilized for LOVE throughout this book.

As a noun:

LOVE IS THE CREATIVE PROCESS IN WHICH TIME IS UTILIZED TO REAWAKEN SLEEPING MINDS TO THEIR TRUE MAGNIFICENCE AS TO WHAT THEY TRULY ARE.

As A verb:

LOVE IS AN EXPRESSION OF THE WILLINGNESS TO CREATE A SPACE IN WHICH SOMETHING IS ALLOWED TO CHANGE. THE SOMETHING MAY BE A LIVING THING, A NON-LIVING THING, AN IDEA, EVENT, CONDITION OR CIRCUMSTANCE. THE CHANGE MAY BE IN TERMS OF GROWTH, DECAY, EVOLUTION, INTEGRATION, OR OTHER NATURAL DEVELOPMENT THAT IS IN ACCORD WITH THE INTENTION OF THE CREATOR.

This definition for LOVE emphasizes that love is a force that allows change to take place in time. It creates a space in which something is given room to grow and learn without compulsion. It is a gentle utilization of creative energy, not a forced compliance. Love allows and supports change but does not force another since it honors and trusts that each is on their own perfect path toward their own awakening. Because of this, love demonstrates faith that each has within themselves the power needed to reclaim their true self-identity and will succeed in that task. Love empowers but does not control or take part in Fear's Blame, Shame and Guilt Game.

Both love and fear can direct your creative energy. Yet, how and why that energy is utilized within a creation cycle varies dramatically. Both also generate entirely different thought systems due to their opposite natures. In Steps #6-7, you will learn how to overthrow fear and create a love-based thought system.

Now, let's explore each of the seven steps in the "7 R" Formula for Fearless Awakening.

Overview of the "7 R" Formula for Fearless Awakening

The 7 Rs represent the keywords for implementing the seven-step program for ending fear.

The 7 Rs are:

- 1) REALIZE
- 2) RECOGNIZE
- 3) RELATIONSHIPS
- 4) RESPONSIBILITY
- 5) REINTERPRET or REFRAME
- 6) REVOLT

7) RESTRUCTURE

These seven keywords will help trigger the appropriate response needed to stop fear in its tracks. These seven steps can be grouped into three categories.

The Realize and Recognize Steps deal with the why, who, where, and when questions that must be addressed before you can hope to end fear in your life. You need to get the right answers to the questions of why you are here, what you are, and why you should value anything. When you do not know what you are, you will place value on the worthless and ignore priceless wealth. The Realize and Recognize Steps will define the problem and actually supply the answer, but it will not provide the process needed to get to that solution.

The real problem is that you want to be happy.

Yet, you cannot be happy when you are living in fear.

Therefore, you need to end fear.

So how do these first two steps help?

The Realize and Recognize Steps not only clearly define the task before us but they also lay the groundwork for the formation of a totally new thought system that is not based on fear. Without a different foundation upon which to build a totally new non-fear-based thought system, you can only hope to manage or mitigate the damage that fear brings.

You can never end fear within a thought system which was designed to create and perpetuate fear in the first place. You need a new plan. You need to overthrow the old and replace it with a new thought system.

The next three steps, Relationships, Responsibility, and Reinterpret, all deal with what I call the creation cycle. Life is the creation cycle. The creation cycle generates all your experiences. Whether you like it or not, you have a critical part to play in that cycle. Unfortunately, we have never been taught the rules of the game. We do not know how our experiences are created and, therefore, fail to utilize the tools that we have at our disposal to modify negative cycles.

Whether you believe beliefs create your experiences or experiences cause your beliefs, the fact is that you have already had plenty of both. You are already involved within numerous creation cycles, so what came first is of no consequence. There is nothing to gain by arguing over what came first. Our beliefs have already been with us for a long time.

What you need to understand is that your past beliefs and experiences have entrapped you within an ongoing cycle that can only be modified by changing your future experiences or beliefs. Without these changes, your future is doomed to be a replay of your past. Repeating the past is the meaning of the word CYCLE. Since you want a different future, you need to know how to manipulate this cycle to bring about change in your life.

The Relationships Step provides the rules of the game. You learn how the operating system of your physical world works.

The Responsibility Step clarifies what you can and can't do. It defines your rights and your limitations.

The Reinterpret or Reframe Step deals with the two parts of the creation cycle that allow and empower you to modify or break any current cycle. Without these new tools, you would not be able to break free from the negative consequences that these creation cycles automatically bring. You would be stuck in a hopeless state of despair.

These first five steps provide the information needed to break free from your past, but you still lack the skills needed to end fear.

The last two steps, Revolt and Restructure, provide the knowhow to end fear in your life. Revolt deals with the overthrow of your current fear-based thought system. Yet, before you

revolt, it is wise to have some hope that there is a better way. Because of the first two steps in the “7 R” Formula, there is room for a possible new paradigm that is free from fear. But what would that new thought system entail, and how do you implement it?

That problem is solved by the final step, which is Restructure. Since your world is a world of perception and beliefs make perception, you need a set of new beliefs that will prevent past or new fears from arising. This Restructure Step will provide the rules that govern correct perception. With misperception gone, fear disappears and ultimately sets the stage for Fearless Awakening. A new day is upon your horizon.

Continuing the Journey

Understanding fear intellectually is only the beginning.

The deeper challenge is learning how to identify and gradually restructure the thought system that creates fear in the first place.

Throughout this guide, we explored several important ideas:

- Fear is an effect, not a cause.
- Interpretations arise from deeper assumptions and beliefs.
- People act logically within their current thought system.
- Fear cannot truly end within a mindset designed to create and maintain fear.

The “7 R” Formula provides a broader framework for understanding how these patterns are created, reinforced, and ultimately transformed.

For some, simply understanding these ideas will already begin shifting how they experience fear, stress, adversity, relationships, and personal identity.

Others may wish to continue exploring these concepts more deeply through additional books, classes, study resources, and practical applications designed to help integrate these principles into everyday life.

To explore the current next-step resources, study options, books, and classes, visit:
endingfear.org/nextstep

(If the link above does not work, use:
<https://endingfear.org/nextstep>

This redirect page will continue to evolve over time as new resources, classes, study paths, and tools are added.

The goal is not merely to manage fear temporarily, but to understand and eliminate the thought patterns that generate fear at its source.

About the Book: Ending Fear: The “7 R” Formula for Fearless Awakening

For readers who would like to explore these ideas more deeply, *Ending Fear: The “7 R” Formula for Fearless Awakening* expands upon the principles introduced in this guide and presents the complete framework for understanding and ending fear at its source.

The book explores:

- fear-based thought systems
- the Creation Cycle
- beliefs and perception
- stress and identity
- reinterpretation and reframing
- restructuring the mind beyond fear

Additional information, book formats, current availability, and related resources can be found at:

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<https://endingfear.org/endingfear>)

Book Description: You can never escape fear within a thought system whose sole purpose is to create, maintain, and perpetuate fear in the first place. To end fear, you must revolt against this past fear-based conditioning. *The “7 R” Formula for Fearless Awakening* provides the why and how steps to break free from those indoctrinated fears. It gives you permission to challenge the unchallengeable.

Our society teaches that fear keeps you safe, while actually, it robs you of any chance for true happiness and inner peace. To maintain power and control, society indoctrinates its children into its fear-based thought system. It determines your identity and worth. Fear is utilized to impose a dependent and subservient mindset upon its members. Controlling these fears becomes your full-time job. Fear arises anytime you believe you lack the creative power to handle a given situation. Whenever you fail to answer either of these two questions correctly, fear will arise. The first is, “What are you?” The second is, “What do you value and why?”

Society’s constant conditioning ensures that you will never answer these questions correctly. Rather than teaching you how to think, it tells you what to think. Unaware of this indoctrination, you abdicate control over your identity and blindly accept a belief system shaped by institutional and social conditioning that ultimately hurts and disempowers you.

The seven steps of Realize, Recognize, Relationships, Responsibility, Reinterpret, Revolt, and Restructure allow you to break free from the world’s negative creation cycles that short-circuit your happiness. Because beliefs are the limiting factors for experiences, this book combines psychological, sociological, and scientific studies to support the “7 R” Formula. It

defines the real problem and provides the rationale to empower individuals to overthrow society's fear-based thought system.

This book approaches big ideas in simple, logical, yet unusual ways. It challenges commonly held indoctrinated beliefs while exposing fatal flaws in our thought systems. Those fundamental errors disempower, ensure dependency and fear while secretly undermining your happiness and inner peace. You have within you the power to reclaim your true identity and determine what principles will guide your life in the future, but you need a new plan. With the "7R" *Formula*, you can achieve the happiness and inner peace that you seek and deserve. This book will help you become the deliberate creator of the new you that has been hidden within you, waiting to emerge.

About the Author: Thomas Wakechild

Thomas R. Wakechild is a best-selling author who presents a practical and rational approach to spirituality that can be applied in everyday life. His work focuses on identifying the underlying causes of fear and replacing the thought systems that create it.

Coming from the business world while engaging deeply in spiritual study gives him a unique perspective that bridges both the material and spiritual aspects of life. Through writing, classes, and practical frameworks, he provides clear methods for examining beliefs, redefining identity, and becoming a more deliberate and self-directed force for change.

Rather than merely managing symptoms, his approach is designed to help individuals address fear at its source so that greater clarity, peace, and purpose become possible.

Thomas is the author of *Ending Fear* and the *Understanding A Course in Miracles* series. His teachings blend psychological insight, practical application, and spiritual principles to help individuals move beyond society's fear-based patterns of blame, shame, and guilt without compromising their inner peace or values.

There has never been anything wrong with you. The problem is the fear-based thought system that was learned. A new way of thinking is available that allows for a more meaningful, creative, and self-directed life.

For more information about Tom and his work, visit:

endingfear.org
understandingacim.org

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