

Anxiety and Salvation

Anxiety: A state of uneasiness and apprehension, as about future uncertainties.

Salvation: Preservation or deliverance from destruction, difficulty, or evil.

About primal anxiety. I think I dimly see the direction of salvation. First I need to recognize that the *force* of anxiety does not change as I grow more knowledgeable. When triggered, it bypasses reason and hits me in the gut with the same feelings I had as an infant. It is genetic/instinctual terror of ceasing to exist.

I come to believe that the reason I am discounted is because I am a failure (so many early discounts, where there is smoke there is fire). Underneath my impression managed self is unforgiving shame and contempt. My salvation lies in

1. accepting that I am prejudiced against myself as one who is below standard and a failure
2. That I have organized my self–system to treat myself badly—the way I deserve
3. No matter how much I objectively achieve, I deny its significance because of 1 and 2.
4. To recover a building relationship with myself I need to be constantly showing and telling forgiveness *to my self*.
5. I need to shift my self–system from one of goal focus and punishment for failure, to a field of attention to the minute of process plus constant realistic appreciation of my learning curve. My credo becomes: ***failure is not an occasion for punishment, but an opportunity for treasuring and learning from the feedback my action has evoked.***

I believe that is roughly the path, and as I modify my self system to create a supportive field, I will develop more and more capacity to protect myself against the onslaught of anxiety.