

The Fear Factor

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Fear is a subconscious force that guides our everyday choices and actions. Fear of change, fear of the unknown, fear of the known, fear of failure, fear of success, and fear of repeating history are just a handful of the plethora of fears the subconscious uses to keep us from positive movement forward. In response to fear, the psyche uses a number of defense mechanisms to stave subconscious fear.

In those struggling with addiction, one of the main defense mechanisms used (other than denial) is displacement, specifically “turning against the self.” This form of displacement happens when the individual becomes the target of their own hatred, anger, and aggression. Results of this inward displacement are feelings of inferiority, guilt and depression.

As you can see, defense mechanisms aren’t always positive. They merely defend the ego (self) from unwanted thoughts and emotions. So, you can see how subconscious fear, can create a negative feedback loop, using defense mechanisms such as denial and displacement to keep the individual active in their addiction.

In order to defeat your fear, you must confront it for the power of fear only comes from denying its existence.