
Fear, Anxiety, Courage, and Man's Need for Security

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Assorted Quotes on Fear

Yea, though I walk through the valley of the shadow of death, I will fear no evil...

—Psalm 23:4

Having a plan helps people deal with anxiety, because a sense of control is important for mental health.

—Dr. Gary Small, UCLA psychiatrist

Research shows that human brains are wired to fear first and think second.

—David Ropeik, risk analysis teacher, Harvard

Risk Perception—Fear of Disasters Is Real, but Not Always Rational

—*Los Angeles Times*, Tuesday, September 20, 2005, Page B2

You never know what is dangerous, until you do!

—Dale L. June

Terror, dread, horror, fright, panic, alarm, trepidation, and apprehension, worry, concern, anxiety, nightmare, phobia.

—Wing Chun Kung Fu training

Fear plays a very important part in our daily life and in human society as a whole. Fear comes in many shapes and forms, but it could be described as “an unpleasant feeling of perceived risk or danger, real or not. It functions to make us alert and ready for action while expecting specific problems.”¹

—Rudy Hardewijk

Fear is as old as the first creature on Earth.

Anxiety: Nervousness, worry, concern, unease, apprehension.

Anxiety as a Built-In Warning System. Even though it may seem useless at times, there is a purpose for anxiety. These feelings and symptoms are a part of our innate way of dealing with stress. Known as the fight-or-flight response, anxiety is meant to protect us from danger and

allow us to react faster to emergencies. For our ancestors, the fight-or-flight stress response prepared humans to either attack back or flee from a life-threatening risk in the environment, such as a dangerous animal or climate condition. In modern times, anxiety may be a symptom that helps you to quickly react to avoid an accident while driving a car or prevent you from entering an unsafe place or circumstance. In this sense, anxiety may be a sign to help keep you safe.²

—Katherine Star

Life is 10 percent what you experience and 90 percent how you respond to it.

—Dorothy M. Neddermeyer³

Courage: Bravery, nerve, valor, daring, boldness

What may to one person seem a simple problem may be experienced by another as overwhelming and insurmountable. But the process of summoning up the courage required to take action is always the same regardless of how seemingly big or small the challenge.

Developing the quality of courage is essential to achieving anything in our lives. Courage is required before we can take action in any endeavor, and it is courageous people in every field who tend to achieve their goals and realize their dreams.

Courage, however, is not always heroic action in a time of danger—it can consist of the persistent, unglamorous effort to do what we feel is right.⁴

Courage, the midpoint between cowardice and foolhardiness.

—Aristotle

Historical Background

Darkness covered the earth. Nighttime had fallen and the human-like beings huddled together for warmth from the winds driving night sounds across the veldt. The roar of a saber tooth tiger echoed through the scrub brush and tall grass, while a pack of hyenas on the opposite side of the tall canyon ripped at the carcass of a freshly fallen antelope. The nearly human creatures dared not move, as their eyes tried to pierce the darkness, looking out for the approach of a stealthy cat or other creature that was sure to pounce on them. Fear created a smell of its own. The only thought, if it could be construed as a thought, through the long fearful night was survival until the next daylight. The clan realized by instinct that their safety was dependent upon staying together as a group, forming a circle with the strongest and bravest on the outside ring. It was the early dawn of man. During those first millennia, man's only instincts and needs for survival were for food, clothing (for warmth), shelter, sex, and security.

The evolution of man was sustained with a corresponding development of his basic biological, physical, social, and psychological needs. By the birth of civilization, man had learned to cultivate the soil, live in communities, and fashion weapons for defense. From living in caves and using fire for defense—the warmth of the fire giving them a feeling of security as it provided light and protection against hungry beasts—to crude fortifications, "houses," and watchmen or guards to sound an alarm in case of attack by wild animals or

marauding bands of other humans, man's need for security kept pace with his other primal needs. Response to fear is an emotional experience tied to the instinct of survival.

The greatest testament to overcoming fear in modern times is the example of the soldiers at Normandy the day of the allied invasion of Europe (June 6, 1944, "The Longest Day") or the invasions of the Pacific Islands during World War II. We can only imagine the thoughts and fears of those brave soldiers as they approached the beachheads in landing craft, totally exposed to the withering firepower of the enemy, hearing the *ping* of rounds hitting the ramp that will open and they will run screaming into that deadly fire, knowing that the first ones off the craft would be taking the most casualties. They must have been facing every nightmare and fear they could imagine, but when the gate opened, they unhesitatingly ran into the ocean and beaches toward the deadly gunfire and explosions promising certain death. They did it for duty, for country, and for their buddies, the one in front, to the right, to the left, and for those who followed.

A protective agent may never have to storm a beach and face unremitting machine-gun fire, but he may still have fears to overcome. His fears become incapacitating if he thinks of the fear. Knowledge of death and injury may be constant companions, but fear must always be buried deep in his consciousness. He embraces the adrenalin dump and unhesitatingly reacts.

Anxiety, stress, nervousness, angst, worry, and apprehension are only some of the manifestations brought forth from fear. The need for security is evident in humans at the very earliest moments of life. A newborn has a need to be bundled and cuddled, held close to the mother's breast for warmth and comfort. Studies have proven that a child deprived of the security of family nurture and social interaction will develop fears, insecurities, and unwarranted aggressiveness. According to the Roman poet Lucretius, "Fear was the first thing on earth to make the gods."

Fear is a powerful and primitive human emotion. It alerts us to the presence of danger and was critical in keeping our ancestors alive. Fear can actually be divided into two stages, biochemical and emotional. The biochemical response is universal, while the emotional response is highly individualized.⁵

Fear, as we know, affects different people in various ways. Fear is the motivating factor that prevents sane men from committing insanely dangerous acts and is the stimulant moving him to take some type of preventive action against a perceived or real danger. Fear affects a human's psychological reasoning and interferes with the individuals "normal" psychological mind-set, often causing irrational action, but is commensurate with the person's personality.

Police officers, firemen, and soldiers have many things in common, but perhaps the most meaningful is the aspiration to help those who are incapable of helping themselves. Historically, people in distress have turned to men and women possessing a special psychological makeup granting them the extraordinary faculty to place themselves in danger for the sake of others, contrary to the danger and attendant fear. Knight, samurai, hired gun, bodyguard, and executive protection specialist (or agent) are evolved titles for these unique people. What is that psychological factor? Like most unknown quantities, there may be more questions than answers because "who knows what lies in the psyche of man?"⁶

Fear—false evidence appearing real.

—Veer Sharma

Fear is actually being afraid of something that hasn't happened yet. Fear is caused by an emotional reaction to a stimulus portraying a threat to the life of the perceiver. The questions on one's mind are, Who is the next victim? When will he strike again? Where will he strike? Where is he? Who is he and why is he doing this? and Isn't anyone safe? They could be asking about a serial killer or rapist, or maybe an unknown assassin. The commonality is the fear generated by the seemingly random actions of an unknown entity. Fear is the greatest weapon.

The oldest and strongest emotion of mankind is fear; and the oldest and strongest kind of fear is fear of the unknown.

—H. P. Lovecraft, author

Fear of the unknown and randomness of an act disrupts rational thinking and reasoning. Response to unknown sources of danger often leads to unremitting, uncontrollable emotional panic and hysteria. Anxiety and fear are psychological traits necessary for the individual having cause to be fearful, such as expressed and implied threats to his person, home, and environment. Fear results when a victim feels no control over his own security, safety, and life. Fear runs a full gamut from a mere startle to stark life-threatening, uncontrollable terror and blind running-away panic. Misperception produces fear. To use the old Buddhist metaphor of the rope and the snake: Though all the time there is only a rope on the ground, if you pass by it at dusk, you misperceive it as a snake and get frightened. The rope never turned into a snake. It was only misperception that produced fear.

Reactions to Fear

The human brain may respond differently to threats based on proximity, trajectory, and expectations, according to a study. Dean Mobbs and colleagues used functional magnetic resonance imaging, or fMRI, to observe brain activity as 20 study participants watched what they believed to be a live video of researchers placing a tarantula near each participant's foot. Though the video was actually prerecorded, the participants believed the spider was placed into one of six compartments that the authors manipulated to entice the spider to move toward or away from each participant. Participants noted their expected and actual fear experiences throughout the experiment. The authors observed greater activity in the brain's panic response center—and the participants reported greater fear—when the tarantula crept closer than when the tarantula retreated, regardless of the spider's absolute proximity.⁷

Seeing a lion behind bars in a zoo raises no emotions of fear; seeing a lion in the wild, from the relative safety of a safari vehicle, raises some anxiety because of the unknown factor of what the animal will do; but to see the lion charging the vehicle raises fears that grow as he comes closer and closer. The conclusion is that when danger is far away and the threat is not imminent, fear is of little concern; fear rises in the emotions of the perceiver with proximity and vulnerability to the potential harm. When there is no barrier to the threat,

fear may turn to panic as the threat becomes real and the person being threatened has no control over his security and safety.

Emotions are complex mental and physical processes as emotions involve feelings which are mental or psychological components and bodily reactions which are physical reactions. Thus feeling is an essential part of emotion. The simple feeling is purely psychological and does not involve bodily reactions and that is how fear which may or may not involve bodily reactions could be both a feeling and an emotion ... bodily reactions such as rapid heartbeats or flushed face, dilated pupils and so on. Although fear, which could be a feeling component, may be very simple and generalized and could be even unconscious without the presence of bodily reaction, although not as intense as anxiety which necessarily involves bodily reactions.

Fear could thus be both a feeling and an emotion yet fear as an entirely subjective or mental feeling component would be difficult to detect as it would not be accompanied by visible or noticeable physical reactions as in fear as an emotion. Anxiety on the other hand is considered a distinct internalized emotion as it arises internally from a perceived threat rather than fear which is due to external stimuli. Fear could be defined as an externalized emotion or feeling which may or may not be accompanied by bodily reactions and fear could be conscious or unconscious.

A psychology of fear would distinguish fear as an emotion and fear as a feeling, fear as conscious and fear as unconscious as well as fear with bodily reactions and fear without bodily reactions and fear in anxiety and fear in phobias. It would be important to understand why fear occurs and what are the bodily reactions when fear is a strong conscious emotion and how this differs from fear as a feeling which may not have bodily reactions and could be conscious but would more likely be unconscious.⁸

It may not be debilitating fear but it is fear and anxiety of his vulnerability to injury, kidnapping, or assassination that motivates or requires a celebrity, political personality, or other person of wealth and power to engage the services of protection specialists to provide the security he needs, while allowing him the widest degree of privacy, freedom, and comfort.

Vulnerability

Vulnerability is not a weakness, a passing indisposition, or something we can arrange to do without; vulnerability is not a choice; vulnerability is the underlying, ever present and abiding under-current of our natural state. To run from vulnerability is to run from the essence of our nature; the attempt to be invulnerable is the vain attempt to be something we are not and most especially, to close off our understanding of the grief of others. More seriously, refusing our vulnerability, we refuse the help needed at every turn of our existence and immobilize the essential, tidal and conversational foundations of our identity.

To have a temporary, isolated sense of power over all events and circumstances is one of the privileges and the prime conceits of being human and especially of being youthfully human, but a privilege that must be surrendered with that same youth, with ill health, with accident, with the loss of loved ones who do not share our untouchable powers, powers eventually and most emphatically given up as we approach our last breath. The only choice we have as we mature is how we inhabit our vulnerability, how we become larger and more courageous and more compassionate through our intimacy with disappearance. Our choice is to inhabit vulnerability as generous citizens of loss, robustly and fully, or conversely, as

misers and complainers, reluctant and fearful, always at the gates of existence, but never bravely and completely attempting to enter, never wanting to risk ourselves, never walking fully through the door.⁹

Violence in Society

Violence permeates all societies throughout recorded history. By the very nature of human behavior, violence may be considered inevitable. Individuals from every society throughout history have sought ways that would enable them to feel confident that they, their friends and loved ones, as well as their possessions, would be free from risk or danger. In that, our present society is no different from those that came before; average American citizens today have more confidence in their safety, individual rights, and liberties than citizens of any society of the past.

Technology has allowed us the ability to protect our persons, our families, and our property while we eat, sleep, and even are away from our property. On any given day, television, newspapers, and Internet advertisements for security alarm companies promise security and peace of mind for the consumers of their services whether at home or away on vacation. But just one well-planned and executed attack will quickly and easily change and destroy that oblivious confidence. The attacks of September 11, 2001, easily attest to this, as does a crime against the person, crimes such as burglary (feelings of invasion, loss of privacy, and fear the burglar will return), robbery, assault, and of course murder.

But time passes and memories become short and complacent. “The cause of all fear is self-grasping ignorance and all the delusions, such as selfishness, attachment, and anger, which arise from that ignorance, as well as all the unskillful actions motivated by those delusions. Therefore, to find freedom from fear, we need to identify and uproot all our delusions, and especially our self-cherishing and self-grasping ignorance.”¹⁰ In other words, fear is often exaggerated by imagination of the unknown. To maintain the edge of fear, attacks must continue randomly while becoming grander in scope and more horrific in scale.

Laughing and joking, maybe grousing and complaining, people have learned to queue up and await their turn to be scanned and searched as they enter public buildings, airports, subways, or wherever their business may take them. It has been shown that people will stay away from self-defense or civil defense preparedness class—even if they are provided at no cost, while rationalizing “it would never happen to me!” As the saying goes, an ostrich sticks his head in the sand to get his a** kicked. Whenever an “event” occurs to remind them of the frailty of their position, then and only then do they concern themselves with the stark realism of becoming a victim. Perhaps that is as it should be. Constant fear and stress of living in a dangerous environment can have physical as well as mental consequences. It is the overriding fear accompanying a violent criminal act or terrorist action that brings forth demands for more security. Then (for a short period of time) the citizenry is willing to make whatever sacrifices necessary in their daily lives to assure themselves of security and peace of mind. Yet the call for more security goes on to whet the people’s need for freedom from fear.

With the ongoing increase in violence throughout the world today is also a corresponding call for more and intensive security. Man’s need for security has caused psychological neurosis about security and safety to the point that public and private security agencies are embracing methods, procedures, practices, and professionalism unheard of only a few decades ago.

Psychology of Fear and Danger

You gain strength, courage and confidence by every experience in which you really stop to look fear in the face... You must do the thing which you think you cannot do. You are able to say to yourself, "I lived through this horror. I can take the next thing that comes along."

—Eleanor Roosevelt

It is said that fear was a gift¹¹ handed down to all creatures by the early gods to enable them to survive in a world filled with dangerous predators. We can speculate that without the gift of fear, man would never have survived to become the dominant species on earth. Man was able to develop good judgment and courage to overcome the things causing him fear. "In fact, this is not too different from the main motivation to develop human civilization: we fear discomfort so we store food for more difficult times, we prepare ourselves for dangers like wild animals, but also to defend ourselves from other humans. This fear of discomfort and attachment to comfort has driven humans in their development from a type of smart monkey to a creature that has gained control over nearly all other living beings on this planet. Fear and paranoia, together with attachment, craving and hatred are responsible for wars."¹²

"Fear plays a very important part in our daily life, and in human society as a whole. Fear comes in many shapes and forms, but it could be described as: an unpleasant feeling of perceived risk or danger, real or not. It functions to make us alert and ready for action while expecting specific problems."¹³ "I must not fear. Fear is the mind-killer. Fear is the little death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me. And when it has gone past, I will turn the inner eye to see its path. Where the fear has gone there will be nothing. Only I will remain."¹⁴

Importance of Understanding Fear

Feel the fear, and do it anyway.

—Anonymous

You don't face your fears; you stand up to them.

—Anonymous

Fear is an overpowering emotion of an adrenalin rush that freezes the brain and paralyzes the body. Uncontrolled fear is blind, running-in-the-dark, unleashed panic! Understanding fear and controlling our reactions to it are important to acting appropriately in dangerous and threatening situations. Nearly by definition, the profession of a close personal protection agent requires acts of unremitting courage. According to American humorist, philosopher, political commentator, and cowboy Will Rogers, "Being a hero is about the shortest-lived profession on earth." Knowing that, a protective agent must, by duty and obligation, react courageously, moving into the zone of danger, taking the heat and shock of a blast, the burning of a bullet, or the sting of blunt weapon or fist. Responding in the expected manner may make him a dead "hero." Failing to act in response to the catalyst of fear, the agent may live for more days. However, he may die a thousand deaths as a coward.

Overcoming this moment of adrenalin overload obviously will be most efficient when used with a calm and concentrated mind at the moment you realize that something needs to be done. Clearly, the solution during an actual fearful situation is to control the adrenalin rush and present a strong front (or at least a façade) of courage. To put it in more simple terms, don't let them see you sweat, or, as said about dogs, they can smell fear. Recognizing the scent of fear or uncontrollable emotional sweating, and telltale body language, the source of the fear gains more confidence in his own ability, and his courage overcomes any reservation about being able to conquer his victim.

A regular meditation practice can be of great help. One of the best ways to really make progress with understanding and changing the functioning of our own mind is to meditate, visualizing "what if..." situations and concentrating on solutions and reactions. If and when the actual crisis arises, the mind will have already been conditioned to do what it must do. The mind will have already visited the situation, calculated the degree of danger, and found a solution for reaction. The body will react as directed by the mind. Meditation practice and visualization overcome the weakening defensive mechanism of the adrenalin rush and convert it into proactive energy.

Facing our fears in realistic training settings enables us to cope with real danger when it occurs. Perhaps if agents face their fears in a training session, they will be able to overcome the "we were afraid for our lives" syndrome and use tactics that will end a situation without gunfire. In the philosophic words of Bruce Lee, "When fear is removed, the arrogance of uncertainty is dispelled. Therefore, it is no longer necessary to prove yourself in any form of combat. By learning how to fight, you learn how not to fight," and, "No excessive action is needed. Just keep your body and mind relaxed to deal with the outside emergency."¹⁵ In other words, in times of emergency we should fall back on and count on our training to help us deal with the situation.

One important way to relax the mind and body is to take a deep breath while counting to four, hold it four counts, release it slowly with a four count, then wait for another count of four before taking another four-count inhalation. Repeat four times. This is called "four square (4²)" breathing.

Can fear be healthy? Certainly, when it keeps you alert in a very dangerous situation for yourself or others! The early Greek historian Thucydides, writing about the heroes of the Peloponnesian Wars, recorded, "The bravest are surely those who have the clearest vision of what is before them, glory and danger alike, and yet notwithstanding go out to meet it. "Our most basic fear is the fear of death, which functions to make us alert in dangerous situations, and can thus be a very healthy emotion. In all cases, we could say that fear is a reaction to something that may happen in the future, be it realistic or not, it is always uncomfortable. And here we find one of the contradictions of fear itself: it should work to keep us from discomfort, yet it is uncomfortable itself."¹⁶ And Woody Allen is quoted as saying, "I am not afraid of death, I just don't want to be there when it happens." The meaning is self-evident: we are afraid of death, but the pain and suffering inflicted prior to the actual act is ever more frightening.

It is accepted as a general truth that everybody fears death. We fear death because we crave for life with all our might. It is also a fact that we fear the unknown. We know least about death, therefore we fear death for a duality of reasons. It seems reasonable to conjecture that the fear of death, or the fear of harm to life, lurks at the root of all fear. Therefore each time we

become frightened we either run away from the source of fear or fight against it, thus making every effort to preserve life. But we can do so only so long as our body is capable of either fighting or running away from danger.¹⁷

We define our fear. The range of fear may be narrower in one person than the next. The fear factor in a protection agent must be very high, rating near firefighters, "smokejumpers," astronauts, police, and others who must constantly face potential life-threatening situations. Usually we think that brave people have no fear. The truth is that they are intimate with fear. In circumstances requiring a positive response against the thing causing the dangerous or fearful emotion, the bravest thing you can do when you are not brave is to pretend courage and act accordingly. To be more explicit, to stand and face a danger, even though survival may be at stake, and to confront the instinct to run away or to be paralyzed, like a deer caught in the headlights, a brave person will suppress his fear and take positive corrective action.

Fear is a favorite psychological weapon of terrorists (who could be said to be cowards because of their faceless expression of "warfare") against a helpless and apprehensive public. To use the fear-generated adrenalin and gain courage to turn the fear into a weapon against the enemy requires enlisting other emotions while ignoring fear. Anger is a powerful tool and motivator; it is the lion of emotions. Getting angry throws all caution to the wind and drives the respondent into a blind act of bravery. To be even more explicit, anger clouds the state of fear and trumps it.

As fear is based on something that we think may happen in the future, it is clearly a mental process which tries to predict the future—in that sense, the reason of fear is a projection of our mind. One could say that fear is always based on something that has not happened yet, and is therefore a fantasy of our mind rather than fact.

Some people like fear, because in activities like riding a roller-coaster or during parachute-jumping etc., we get an adrenaline-rush: a physical reaction to make us alert and ready for action—some people actually get addicted to this natural drug and get into extreme activities. This can easily lead to needing more dangerous situations more often, so they may tend to take ever increasing risks—until the parachute does not open, or the weather changes while climbing a steep, dangerous mountain slope ... In fact, the people do not love fear, but they love the release of adrenaline in the blood, without anything bad happening to them.

Fear is generally a very uncomfortable feeling. We do not like to be afraid, but still, our fear can keep us from harm for example as it makes us hold back when we see a snake or a fast car headed straight in our direction. So, yes, we need to realize danger and be alert, but once we are alert, we cannot do much more than whatever we think is best in the situation.

If we let our fear take over completely, we can even "freeze" and become completely helpless. Similarly, many of us are afraid for quite irrational things, meaning things that do not really pose any threat to us. Therapies for irrational fears work on the same basic principle: discover by experience that the feeling of fear (paranoia) is an exaggeration of what we perceive in the world, and force our rational mind to keep in control.¹⁸

Most types of fear are related to possible physical or mental pain. With the possibility of physical or mental pain in the future, we probably need to start working at it to prevent it from happening, rather than be frozen in our own miserable predictions and depression. So we should act, rather than crawl away.¹⁹

Fear of the unknown is not the only debilitating fear that must be overcome. Fear of injury can have certain side effects. It may mean a hesitant or slow reaction to something that demands immediate attention. It may mean a meek action when an aggressive manner is required. It can mean the difference between life and death.

“It’s not the bullet that concerns me. What I would be most fearful of would be, Did I do everything I could to prevent the bullet being fired and did I do all I could to protect my client?”²⁰

This profound statement is a manifestation of atychiphobia—the fear of failure. It is fear of failure that sits just over the shoulder of the protective agent. It becomes the driving force that propels him to “step in front of a bullet.” The feeling of most professional protective agents is that it is better to be wounded or killed in the performance of duty than have to explain to a grieving family, a board of directors, or a congressional investigative hearing why everything possible was not done to prevent the killing of the charge.

Acceptance of Fear—Manifesting Courage

Fear can be controlled and channeled into productive energy.

Do the thing you fear most and the death of fear is certain.

—Mark Twain

In the words of Zen Buddhist teacher Suzanne Segal, “The presence of fear means only that fear is present, and nothing more.” Meditate with these kinds of thoughts: “I know fear exists, I know it’s making my life tougher than it needs to be, but it is not only me that has to deal with it; fear is a problem for all beings, big and small.”

Don’t be afraid to look death in the face and spit in its eye. The idea is to allow the worst of your fears—death, injury, incapacitation—to be visualized. Don’t allow them to wait in the shadows of your mind. Be in control of it. Fear is something our mind creates, so only our mind can do something about it! Exaggerated fears can have their basis in wrong decisions or experiences.²¹

Anxiety

Anxiety is a mental or nervous reaction to worry, fear, doubt, anger, and other negative feelings. It becomes a feeling of trepidation that something dreadful is about to happen or will happen. Protective agents live with a high degree of anxiety always keeping them alert and suspicious of anything that might, in any way, threaten or endanger the lives and well-being of those they are charged with protecting. This of course causes the protector to experience a paradox of emotional high anxiety and the high evoked by mental endorphins such as serotonin to the lows of depression. Anxiety disorders impact a person’s life, tormenting them with obsessive thoughts, fearful dreams and nightmares, panic attacks, recounts of past traumatic events, and even physical symptoms.

An example of a person in power experiencing anxiety is the dictator who assumes power through a coup or slaying of his predecessor. He soon becomes anxious that others will follow his example and assassinate him and take over his position. Those feelings of anxiety may even extend to paranoia to the extreme of eliminating even his friends.

Anxiety dreams (discussed further in a later chapter) are very common to people who work in high-stress occupations, such as law enforcement officers, firefighters, airline pilots, medical first responders, personal protection agents, and military personnel, especially those who have been or are in a war zone. A very common dream is being in a cross-fire situation and unable to draw the pistol from its holster or pull the trigger. If, in the dream, the trigger is pulled, the bullet travels very slowly, even to the point where the revolutions of the spiraling missile can be counted.

Another anxiety dream of a protection agent is seeing a threat to the person he is protecting, yet being unable to move quickly enough to throw his body between the threat and the protected person. The dream then switches to a dark, clouded graveyard where the dreamer is standing apart from the crowd as they look upon him as a failure. His tears are mixed with the rain as he speaks, "I'm sorry, I tried, I tried, I...."

If not relieved of the anxiety, through vacations or similar relaxing therapy, such as vigorous physical fitness training, meditation, or talking about it, the stress and anxiety can lead to serious conditions of depression.

The association between anxiety and depression is quite obvious. Those who suffer from anxiety disorder feel unable to control their thoughts or actions, which can mount their level of frustration, and can lead to depression. The symptoms of both anxiety and depression can cause the patient to become intertwined in a never-ending cycle of negative and fearful emotions and thoughts. Such a situation can aggravate the patient's condition, which warrants a treatment program that is aimed at treating both conditions together.

People who have problems with anxiety can prevent the onset of depression by talking with their loved ones, therapists or doctors. Talking about these feelings can be difficult, and many people who suffer from anxiety disorders are reluctant to seek help for their symptoms. However, seeking help and getting diagnosed is the first step toward overcoming anxiety and living a normal life.²²

Courage

Mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty.²³

Disregarding threats to one's own self in spite of imminent
danger and consequent fear of injury and death.

Courage is not letting your fears influence your actions.

Everything has a direct opposite—day/night, white/black, yin/yang, life/death, etc. Many people believe courage is the opposite of fear. But the Greek philosopher Aristotle took another view. He believed that, yes, there are direct opposites, but there are also midpoints that modify each opposite. In the instance of fear/courage, Aristotle pointed out that courage is the midway point between fear and foolhardiness—foolhardiness being the extreme opposite of fear, challenging death at every opportunity, often taking unnecessary, unexpected risks.

Courage steps to the fore when a person, especially a police officer, soldier, firefighter, or personal protection agent steps forward and runs toward the danger instead of away from it. That is the courage (foolhardiness?) a protection agent must assert when his protegee is under attack, even stepping in the way of a bullet, not thinking of the consequences. Courage is the confidence to act and react in times of considerable danger to self and others. Courage for the protection agent does not often require “above and beyond the call of duty” as does the Congressional Medal of Honor. But there will be those times and incidents when the courage of the protective agent will be tested and he must react to overcome all emotions of fear that will cause him to flee or freeze. During those times, having life-threatening consequences, the protection agent must respond as his responsibility requires, to protect the person in his charge.

A protection agent has a unique personality. His life is spent in the shadow of someone else, staying within a small perimeter that he knows is a floating bull’s-eye. There are more moments of boredom than actual times of glamour, challenge, or danger. Moments of standing and waiting are incalculable; he travels a lot, leaving home and family behind to stand and wait in hallways and ballrooms, traveling and waiting, seeing nothing other than hotels and airports, stretching one day into the next, skipping sleep and meals to have an opportunity to embrace the moments for which he is getting paid. The instants he must risk his own life for someone else, perhaps even someone he doesn’t know or dislikes, happen infrequently, perhaps only once in a lifetime. It is that one-thousandth of a second that defines the agent. Either he reacts bravely and risks everything, or he reacts too slowly or not at all and loses everything except his life. But because of his hesitation or some thought process, he may lose his life as well as the life of the person he is trying to keep alive. He must react automatically. Hesitation kills, and if a protection agent hesitates to think, it is already too late. He will have lost.

Understanding the Need for Security (Psychology and Sociology)

Maslow’s Hierarchy of Needs

Sociologist Abraham Maslow’s hierarchy of needs identifies five categories of human needs: physiological, security, belongingness, esteem, and self-actualization. In the pyramidal hierarchy, man’s need for security is second only to man’s needs for primary physiological sustenance. The importance of security to the physical person cannot be emphasized enough because man will do anything to ensure survival in any environment, to feel safe from physical harm. It is the duty and responsibility of the security personnel to provide a safe, secure environment to protect a client from any and all harm, including assassination.

Maslow said that as one level of need is met, man will move to the next level, and the next until all needs are fulfilled. But if a lower need comes into demand again, man will drop back to that level until that need is again satisfied. Maslow put forth his hypothesis in 1943 as it related to motivation in the workplace. Since then other sociologists have developed adaptations of this theory for the workplace, but Maslow’s remains the most famous and followed. It easily overlays society in general and describes for us the base needs and desires of social man. The hierarchy of needs is a graphic representation of the motivations for the demand for more present-day security in all sectors of society.

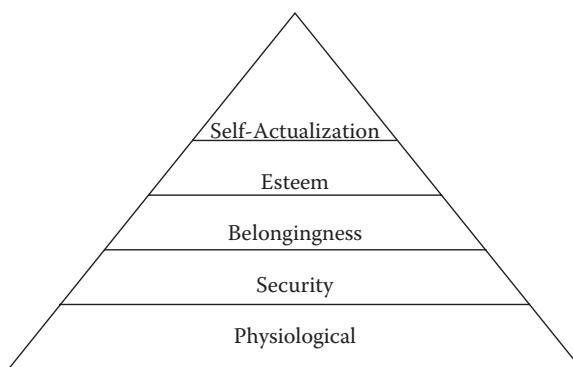


Figure 2.1 Maslow's pyramid.

Understanding Maslow's Hierarchy

- Physiological needs: Air (oxygen), food, water, sex.
- Security needs: Free of the fear of physical danger and deprivation of basic physiological needs; security, stability, dependency, protection, freedom from fear, anxiety, and chaos, need for structure, order, law, strength in the protector.
- Belongingness: Needs of love, affection, and belongingness; seeking to overcome feelings of loneliness and alienation; involves both giving and receiving of love, affection, and belongingness.
- Needs of esteem: Self-respect and respect of others; person seeks self-confidence and value as a person; when needs are not met, person feels inferior, weak, helpless, and worthless.
- Self-actualization: Person is doing “what he was born to do” and is happy doing it. The person is satisfied that he has met all his other needs and is confident in his ability to maintain.

A protective agent should be aware of all of Maslow's needs to recognize the disparate and shifting changes in his own physiological and mental attitudes as well as those of the person he is protecting. His recognition and knowledge of where he and his protegee are in the hierarchy at any one time allow him to meet those needs and to understand mood swings.

Summary

Similar to whistling in the dark while walking past a graveyard at night, one must be constantly alert and know that danger lies just around the next corner while at the same time continuing on as though everything is normal. This is a psychological trick of suppressing fear or fooling your emotions into believing that though danger lurks it will not overcome personal confidence. In other words, expecting danger keeps a person's adrenaline level high enough that when danger exposes itself, there is no unexpected adrenaline rush turning common sense and control into frenzied and uncontrollable hysteria and panic. One of the best methods to control the involuntary fear reaction of panic is to consciously

discipline one's mind to think of ways to overcome whatever is threatening. In other words, staying alert means staying alive. There are several ways to convince the mind to be alert, but one of the best is to think, "When you least expect it, expect it!"

Review Questions

1. What is fear and how can it affect a protection agent?
2. Why is fear "the greatest weapon"?
3. Why is fear considered a "gift"?
4. Explain Aristotle's definition of courage, "Courage is the midpoint between cowardice and foolhardiness."
5. What should be the limits of ethical, moral, and legal responsibilities of the person providing protection?
6. Explain the following quotation in terms of a protective agent: "The bravest are surely those who have the clearest vision of what is before them, glory and danger alike, and yet notwithstanding go out to meet it."
7. Why should a protective agent be aware of Maslow's hierarchy of needs to recognize the disparate and shifting changes in his own physiological and mental attitudes as well as those of the person he is protecting?

Endnotes

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