

Fear: a definitive essay essay sample



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“ The only thing that you have to fear is fear itself-FDR”. Fear is an emotion that is experienced by all. Beings that fear is an emotion, this makes fear an abstract idea. Fear is shown as an expression when one is frightened natural bodily functions take over such as, increased heart rate, adrenaline is released, and perspiration comes into effect. Fear is an emotion that holds a certain intensity of energy. Any number of people, situations, or events can invoke a person’s sense of fear. And while this emotion is meant to be a protective response, the meaning it holds from individual to individual determines the role it plays in everyday life.

Fear is the sweat dripping down one’s face while walking through the woods. Fear is all the sharks swimming freely in the ocean while scuba diving. Fear is “ a feeling of agitation and anxiety caused by the existence or presence of danger.” A disturbance when danger is around or when jeopardy is experienced worried about well-being and comfort. Fear is a negative emotion that is a state of mind.

There are many different opinions on the literal meaning of the word “ fear” and most dictionaries have different examples as well. There are many different types of Augustine-Gibson fears known as phobias which are abnormal or irrational fears of specific things. Phobias are an irrational fear to a person, place or object and they are classified as an anxiety disorder. Phobias (fears) affect approximately nineteen million individuals, with fears ranging from blood to women and everything in between. The word phobia comes from the Greek word, Phobos, meaning fear. The most well-known phobia is most likely arachnophobia, which is the fear of spiders. No matter what, everyone experiences fear at some point of their life.