

Unspooked

A good tolerance of anxiety and fear provides a sound basis for adulthood. Although it may be hard for parents to see the link between the child's fears and the adult's anxieties, they are often based on the same thing - a low tolerance of anxiety. A low tolerance of anxiety, if it gets into adulthood, always causes problems. There are problems making decisions, pursuing goals and achievements, risking the necessary conflicts in relationships, and in general coping with the necessary difficulties of life. Avoiding scary feelings leads to avoiding too much of life.

Children do not have the same perspective on life as adults have. They are less able to detach from their experience, particularly their fears, and think about what to do with them. The vulnerability of childhood is this lesser ability to reflect on what is happening to oneself, and take some control. Children may begin to habitually respond to their anxieties with avoidance. Good parents help their children change avoidance into mastery, in order to help their children enjoy as much of life as possible.