

Date \_\_\_\_\_

Essay

①

Date \_\_\_\_\_

A child can be forgiven when he is afraid of dark but the real tragedy of life is when a man are afraid of life.

Outline:

## 1. Introduction

**Thesis Statement:** while child fear darkness is easily forgivable by the society as it is considered as the natural growing up child fear but the real tragedy of society is the deeper fear of life as it poses a great threat to society; necessitate prompt measures to be taken to overcome the fear for a lucky society.

2. What is fear of life and fear of dark?

3. The fear of dark — as childhood fear

a. Children's natural emotion

b. the fear is temporary.

c. it is normal growing up fear of children

Date \_\_\_\_\_

③

Day \_\_\_\_\_

c. sense of stagnation and regret

d. It affects families and societies.

7. How to overcome the fears of life?

a. self introspection and awareness.

b. Family support

c. Development resilience and positive mind set

d. willingness to embrace the challenges as opportunities

e. Accepting the failures and setbacks.

f. Medical consultation if necessary.

8. Conclusion.

4. How will the fear of darkness be forgiven?

- a. the childrens are provided with nightlights.
- b. they are narrated stories of bravery and courage.
- c. put to environment to cope with the fear as normal.

5. The fear of life as deeper and profound fear.

- a. the fear is beyond the physical darkness
- b. the fear of failure
- c. the fear of rejection
- d. the fear of unknown
- e. the fear of confrontation

6. The consequences of being afraid of life

- a. Person is trapped into comfort zone
- b. Barrier to personal growth



A child can be forgiven when he is afraid of dark, but the real tragedy of life is when men are afraid of life.

Fear is a natural emotion that every individual experiences at any age. The children are afraid of darkness with the notion of unknown supernatural ~~idea~~ presence. They usually avoid going to dark due to the fear of unknown or the interpellation process of stories heard about darkness. But this fear is considered as part of the stages as the child grows up. The real tragedy is the fear of adults of life itself. It engulfs their whole life activities and lead them to stagnation and a profound sense of loss.

While child fears darkness is easily forgivable by the society

as it is considered as the natural growing<sup>up</sup> fear but the real tragedy of society is the deeper fear of individual from life as it forges a greater threat<sup>to</sup> society; necessitating the prompt measures<sup>to be taken</sup> to overcome the fear for a lively society.

The fear of darkness can be termed as Nyctophobia, a very common fear among children of between the age of six to twelve. This fear fades away as they grow up with the help of their<sup>narrating the</sup> parents' stories of bravery and courage. The fear of life among the adults is a more complex and entangled one, ranging from fear of failures, confrontation, rejection, unknown and a wide array of fears that eventually put the individual to a tremendous disadvantage in the society.

As the fear of dark is a child

hood fear and it outgrows as the child gain understanding and experience it is temporary and understandable. the parents and people around provide children with comfort and support in the form of stories of bravery, reassurance, nightlights, distractions, love and affection and gradual exposure to such situation in order to grow normally. these ways show a greater amount of convincing facts that the fear of dark is forgiven by the society and is considered a normal fear of children.

On the other hand the fear of life is the real tragedy that occurs when adults are gripped by the fear of life. It encompasses a myriad of anxieties including the feature of failure, uncertainty, rejection and many more.

The fear of failure is so common in the adults nowadays. As they ~~never~~ <sup>rarely</sup> participate in fruitful



and competitive activities because of the fear of failure, the sense of failure make them more stagnant and paranoid to social activities.

The potential reason for the fear of failure is that ~~we~~ <sup>one</sup> ~~can't~~ <sup>can't</sup> meet ~~the~~ <sup>the</sup> expectations that ~~we~~ <sup>they</sup> set for ~~ourselves~~ <sup>themselves</sup>; that eventually leads a self-created fear of facing shame, anger, or guilt. It also leads to self-blaming and the individual in order to avoid all these avoid the activities to participate.

The fear of rejection is yet another fear of life felt by adults. They hesitate to participate in activities and actions in order to avoid ~~the~~ rejection from family or the person they don't want to lose. Such adults do not have the courage of saying no or they are being too much people pleasers. The fear ~~of~~ <sup>to</sup> be isolated from the associations or groups

of affiliation makes them create a sense self-rejection and eventually put them to live a sluggish and depressed life.

Adding up to the wide array of fears; The fear of unknown is the biggest fear among adults. It is an intense fear uncertain or unknown situations. The tendency to afraid of what having no information about something a person will face escalating an intolerance of uncertainty. The feeling of uncertainty is the most dangerous among all fear. It brings great threat and disadvantage to the individual and society. Such people create a world of never ending fears of everything and anxieties around them, which they hardly escape. The life of uncertainty becomes their fate and certainty becomes unknown to them.

Similarly, the fear of confrontation among



(6)

Date \_\_\_\_\_

Day \_\_\_\_\_

adults is also a feeling of self-doubt at the fear of losing the argument in opposing ideas and differences in opinions. Based on personal perception and mental capabilities people have differences of opinions and fears these difference can sometime leads to fear. the person is not able to co-exist with the opposite ideas and opinions and thus avoid confrontation with people. It leads to narrowed notion and perception of the world affairs.

The consequences of fear of life in adults are many fold. It not only destroys the individual life but also disturbs the familial life. It also poses great threat to society at many levels. Individuals who are capable of doing something good to society are afraid of life itself, is the biggest loss of society.

on individual level the fear of life traps a person into a self-made comfort zone. The fear of facing the people, the failure and low level of courage limit him/her to a small world of comfort created by them. Everything outside the walls of that comfort zone creates uncertainty for them, and uncertainty makes them feel anxious. To avoid that anxiety and feeling of distress, they limit their life to the comfort zone only.

Along with limited <sup>scope of</sup> life, the fear of life also constructs a barrier to personal growth and fulfillment of personality. Such individuals fear to come out of their stagnation niche and thus refrain from taking potentially life-changing opportunities while such ~~big~~ opportunities are the transformative steps in personal

growth and development, it eventually leads to <sup>LACK OF</sup> self-discipline and procrastination, and also isolation from society.

Similarly, it builds a sense of stagnation and regret. The people who ~~try~~ try to appear in activities and face a single failure by regret of leaving their comfort zone. It ~~can~~ also create a sense of regret not participating in activities. The fear of participation and their regret the loss of opportunity and again the fear of confrontation makes a loop of unending disapproval of personality.

Not only individual life is disturbed by the fear of life, the people who bound themselves to the walls of comfort zone also ~~for~~ forge incomparable effects to society and family.

The sense of loneliness



of fear of life self awareness and introspection is the only Journey within your inner, the walk in yourself and within to observe the fears of life. As Aristotle says

'knowing yourself is the beginning of all wisdoms'

and similarly Socrates says

'the unexamined life is not worth living'

Moreover, cultivating a positive outlook and approach to life can help people embrace uncertainty. They learn from their failures, the uncertainty becomes disappears and certainty becomes the fate when keeping a positive mindset.

Setting up realistic goals can also help in facing daunting challenges and thus shedding

gro  
leas

Date

cras

the fear of failures.

on case of severity one

can also take help from professional

who counsel their patients

and specializes in making the

people realize their true spirits.

Concluding the above discussion

it is clear that while the dance

is a temporary fear and can easily

be forgiven as it is understandable

by the society. It is considered as

a normal fear of children while

they grow up. It is just the step

in their growth; But the real

tragedy of life is when an

adult are consumed and

driven away by the fear of

life itself. It poses and a

great threat to society and individual

growth. It is characterized by

anxiety, avoidance, isolation

and quitting the communication.

The strategies of self awareness

Date, \_\_\_\_\_

(1)

Day, \_\_\_\_\_

and Isolation weakens the very  
boundaries of family and society. People  
become less connected to one another.  
The lack of communication creates mis-  
understandings and disturbs the social  
fabric of family and society.

The family dysfunction  
becomes a threat to personal growth  
and development of adults and children.  
It hinders ~~an~~ sense of independence  
and free ~~they~~ thinking. The fear  
of family affliction, and expectations  
throw the whole family into a  
distress and anxiety.

Conflict avoidance ~~and~~  
leads to reduced innovation and  
lack of social work in society. Fearful  
individual may avoid conflicts which  
will lead to a stifle creativity  
and innovation. This ~~is~~ can limit  
and progress and economic growth  
as people are hesitant to face



stress or pursue new opportunities

Overcoming the fear of life in adults requires a prompt measure of self-introspection, self-awareness and support from family and educational institutions. It also involves the due process of developing a resilient personality, and meliorative mindset in order to embrace failures and challenges. This will not only help in coping the stress and anxiety but can also help the individuals breaking the glass ceiling of comfort zone and building an innovative personality.

The first step to recognize and know the fear is the self-introspection and self-awareness. Self-introspection helps a person realize and recognize the inner self and the demands of inner-self. It leads to reach the real course

Date \_\_\_\_\_

9

10

13

Day \_\_\_\_\_

Setting up goals and self-introspection, along with family and medical help can eradicate and wash away such fears of life.