

**The Anonymity That Is... NOT**  
Chair 7. Narrative.  
Title: ***Fear (Addicted to Chaos)***

We felt bad for so long, that the thought process, the anxiety, that feeling...became, normal.

The work to be healthy is so foreign that, more often than not, “healthy” seems...WRONG!

Fear, to exist, must stay in control. It strives to convince of it’s superiority. It chatters and cackles. It constantly spews static noise, audible, visual, mental and emotional...noise.

Fear must have us pay attention to IT, or it will grow weak, wither and die.

We do NOT need Fear, it needs US.

The distractions in the “Peripheral Vision” grab our attention. The distractions come from all directions, yet with no directions of their own. They are bright and pretty in the “periphery”. But when we attempt to focus on the thing, it has no substance, no viable structure, no true value.

If we stay focused on and in the “Central Vision”, we can see clearly. The view is unobstructed.

When we strive for, exercise on and commit to, our “Central Vision”, fear drops, out...of...sight.