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The Thin Line between Fear and Paranoia by Ravinder

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All human beings are born with powerful instinctual responses which are essentially hardwired into their mental makeup. These often manifest in the form of set emotional responses which arise from the facing of certain situation. The one thing which millions of years of evolution have been unable to remove is the emotion of fear. It remains one of the most powerful emotions which are capable of driving a human being to the edge of sanity and often beyond it. Fear is necessary for survival but when driven too far, it evolves to paranoia which is capable of destroying the very fabric of human existence

Fear is essentially the response of the body and the mind to any stimulus of perceived threat or pain. The human nature has the innate capacity to fear any present or future possibility of an event. While the capacity is ever present, the emotion itself feeds from the learning process and people learn to fear content writing things according to the surroundings they are brought up in. The release of cortical and adrenalin by the brain is used to prepare the human for the threat and is useful in increasing survival chances. While a little fear is useful and can sharpen the mind, too much of it can be fatal. Fear is fundamentally anthropological and Paranoia is a psychological condition.

Fear is capable of influencing the though process of the human mind and leading to the formation of paranoia. The state is characterized by irrationality and delusion and often leads to violent acts. The root of paranoia stems from the inability to face a fear and this in turn leads to the creation of incredible obstacles to web copywriting avoid this face off. The imagination of persecution, extreme sensitivity,

recurrent unrealistic suspicions and conspiratorial explanation for any event are some of the basic signs of paranoid behavior. A severe combination of fear and anxiety culminates in paranoid behavior which is capable of leading to devastating consequences for both the individual and those around him.

There is always thin line which separates sanity and insanity. Fear is what makes us human and keeps us prepared for unforeseen dangers. It is the innate survival instinct which has been responsible for our species to continue and thrive for countless years in face of seemingly insurmountable natural environment. When this fear gets out of control, the human mind enters a dark place marred by delusion and irrationality. Rational thoughts make individuals sane and in the absence of this, there is no obstacle to prevent the mind from descending into complete darkness. Paranoid feelings are debilitating and dangerous. This unrealistic and baseless response of the human mind should be removed prior to its taking firm root in the mind. The complete elimination of anxiety and counseling are extremely crucial for timely cessation of its advance.

Fear remains the most potent emotion which has survived the ages of evolution and still retains its dominance over human life. It is difficult but not impossible to tame. When left untamed, it can gallop beyond the realms of sanity and encroach into the very dark and dangerous world of paranoia.

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