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## Fight or Flight (here it's about flight)

Every one of us has developed mechanisms for fleeing that will eventually catch up with us and confront us.

These mechanisms can be recognized in **obvious patterns** – such as alcoholism, drug consumption or eating disorders – **as also in less obvious ones** – such as procrastinations, constantly changing relationships, excessive general consuming, giving shallow answers to questions, or avoiding looking into someone's eyes.

Some flight patterns are judged by society, some are ignored, some are endured with well-meaning, perhaps justified, and others are praised, even recommended.

The social evaluating and judging which most of us have internalized make it difficult to confront ourselves with what we are doing and to develop the discernment that is needed to overcome our particular flight mechanisms. The socially endorsed ones are – to no one's surprise - the hardest to discover and overcome.

Flight comes solely from fear and the fantasies that fear creates within us - a vicious cycle. *Our interpretation* of our own painful experiences and those of others nourishes fear and fantasies.\*\*

There are two ways to take flight - forward and backward. Running to or from: denial, avoidance, procrastination, or cover-up work in both directions.

Our refusal to feel all there is to feel, hinders us to recognize when we are just about to run again. On the contrary, often our flight reaction appears to ourselves and others as self-assured, confrontational and courageous – facing the „enemy“, so to speak - by whom we feel attacked.

Other times the mechanisms appear as insulted withdrawal, a false (untrustworthy) yielding. Only when we are willing to face and express what is deep within (especially to ourselves), will we be able to stop the flight, stand, express truth, and let go of our fears.

We recognize that true sincerity and integrity will *never* be an expression of refusing to show the pain experienced - but an expression of pain itself.

***And it is only then that we may be able to see the misunderstanding that creates our suffering – and have it corrected.***

\*\* *You may counter that flight may be necessary to save your life?*

*I will respond with a radical answer:*

First of all, life cannot be saved; it is indestructible. The human idea of one's own personal life – by which is meant our body and what we do with it and the circumstances in which we find ourselves – is a folly, even though we may wish to protect it.

Plenty to ponder.

*Christa*