

United Temple Bulletin

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Are You A Worrier?

By John E. Gibson

Life is frightening to most of us, for we all have fears and anxieties.

Science has been taking a hard look at what gives us that uneasy feeling and has come up with some interesting facts:

What kind of person is the most fearful?

...the seemingly carefree person is the most often plagued by fears. He adopts his flamboyant manner to conceal his anxiety....

What do people fear?

....Men had three chief fears: 1) fear of failure; 2) fear of being rejected by others; 3) fear of being rejected by a woman.

Women...were less fearful of being rejected by a man, much more fearful of rejection by others, and less afraid of being a failure. But they had more intense fears than men.... The findings do not mean that women are more fearful than men, just that they either are more upset by various situations or are more honest in reporting their feelings.

Is it true that good men have the fewest fears?

Yes....A man who is on good terms with himself and feels he is doing his best is far less subject to anxieties than the man filled with self-doubts and inner conflicts.

Does anxiety dull your wits or sharpen them?

It depends. One person will find his perception dulled, another will experience the opposite effect. At Duke University psychological tests showed that anxiety sharpened the wits of superior students but dulled the facilities of the average ones.

How can you judge your A. Q. (anxiety quotient)?

Here is a checklist to measure the amount of anxiety you feel at any given time.... The more you find applicable, the higher your anxiety level: 1.) Are you tense and ill at ease in conversation? 2.) Do you scowl and wrinkle your forehead? 3.) Are the palms of your hands frequently moist? 4.) Do you have trouble concentrating? 5.) Are you jittery and easily startled? 6.) Do you sigh frequently? 7.) Are you easily fatigued? 8.) Is your voice plaintive? 9.) Do you have any nervous mannerisms, such as pulling at your hair....

Do people who are socially and financially secure have fewer fears and anxieties?

No. University of California investigators interviewed a cross section of the adult population of the entire Los Angeles metropolitan area. The findings: people who have plenty of money and high social status have just as many fears and anxieties as the poor.

Is moving from place to place a source of anxiety?

Yes. Surveys conducted by the University of Arizona show that people who have changed their residence frequently tend to become more fearful than those who have moved less often.

How can you fight worry?

1. Do not live in the past or the future. Live in the present. Do the best you can now. Do not speculate about tomorrow.

2. Remember that hurry increases worry. Try to arrange your schedule so you don't have to rush. Allow time for the things you want to do. Anything that will not fit, postpone.

3. Do not think of problems as justifications for anxiety. Think of them as challenges.

(Source: Family Weekly, March 17, 1968)

Editorial

No doubt all of us have received benefit from past articles in the News Bulletins. Various members have commented on how they looked forward to receiving the bulletins. As we edit the news bulletin we hope we can be of service to each of you in the United Faith Movement.

We plan to continue with helpful and informative articles that have been taken from various sources of information such as News Week, Readers Digest, Family Weekly, etc. We would welcome any beneficial articles that anyone would like to share with others. An item we plan to add will feature a "Member of the Month." This feature will relate something of that persons background in relation to profession, church, affiliation, and education. Also it would be good to know something about the person's hobbies or favorite activities such as music

and sports. The main part of the article, however, will be how he or she first heard about Principles; when he heard about Principles; and finally, a semi brief statement (if possible) on what Principles means to that person. Eventually we want to feature each member of our Northwest family.

We believe the main purpose of the bulletin is sharing with one another. We feel the continuation of the bulletin can bring real benefit and give inspiration to newer as well as older members as it has in the past. Everyone can receive encouragement from one another -- especially from the field reports. Each of us are pioneers in history's most vital work for God and mankind. Let us all try to share with one another. Of course some of us may not be able to contribute each month but let each of us contribute when he can. The experience you might think too insignificant to print may possibly be the spark that will encourage someone else to achieve higher spiritual attainment. If we can reach this stage we will truly have an interaction of vital sharing.