

FEEL THE FEAR AND DO IT ANYWAY: CAN I HANDLE IT?

Can I handle writing an essay on Susan Jeffers' amazingly successful self-help book *Feel the Fear and Do It Anyway*? I am not quite sure yet; it all depends on my protected, creative "bubble", in which fear is not welcome. What is there to fear when writing an essay? The biggest fear in this regard is to write a completely pointless, superficial text which is of no use to anyone – a complete and utter waste of time.

I am going to face this fear by writing anyway. About what exactly and why?

My motivation to write about Susan Jeffers' international bestseller is partly linked to my thinking about carrying out workshops on overcoming fear. Another motivator is a dear relative of mine. I will try to find out what's in it for her. Last but not least, I am determined to work out what's in it for my dear readers and me.

TURNING POINT

Susan Jeffers used to be a very fearful person. She was desperate and full of self-pity. Interestingly, one day, she could push through her negativity and resolve to bounce back. Thanks to her liberating and energizing turning point experience¹, she could initiate her very own odyssey from *pain* to *power*. Giving workshops about overcoming fear was part of her journey which culminated in Susan Jeffers' "travel account": *Feel the Fear and Do It Anyway*



THE NATURE OF FEAR – GREEN OR RED LIGHT?

As Susan Jeffers approach is educational and not therapeutic she does not aim at resolving conflicts of the past for overcoming fears. The author encourages the reader not to scatter energy wondering where the fear is coming from, yet she tries to shed light on the nature of fear. According to the *Queen of Self-Help*² there are situation-oriented³ and ego-related fears⁴ which all boil down to the ultimate fear:

"I can't handle it!"

¹ Susan Jeffers recounts her turning point experience in the introduction to her book: "...Then one day, as I was dressing for work, I reached the turning point. I happened to glance in the mirror, and saw an all-too-familiar sight – eyes red and puffy from tears and self-pity. Suddenly rage welled up inside me, and I began shouting at my reflection, "ENOUGH.....ENOUGH.....ENOUGH!" I shouted until I had no more energy (or voice) left. When I stopped, I felt a strange and wonderful sense of relief and calm I had never felt before. Without realizing it at the time, I had gotten in touch with a very powerful part of myself that before that moment I hadn't even known existed....."

² Susan Jeffers, Ph. D., has been dubbed "the Queen of Self-Help" by The Times in the UK and is considered one of the top self-help authors in the world (*Feel the Fear And Do It Anyway* – blurb)

³ Level 3 fears: e.g. aging, public speaking,...

⁴ Level 2 fears: e.g. rejection, failure,....

Moreover she postulates *Five Truths about Fear*:

1	The fear will never go away as long as I continue to grow.
2	The only way to feel better about myself is to go out.....and do it.
3	The only way to get rid of the fear of doing something is to go out....and do it.
4	Not only am I going to experience fear whenever I'm on unfamiliar territory, but so is everyone else.
5	Pushing through fear is less frightening than living with the underlying fear that comes from a feeling of helplessness.

People who hold their fear from a position of power interpret fear as a *green light*⁵. Thus they move ahead and push through their fear. They might not even call it fear but adrenalin rush. I find Truth 5 especially important because it implicates that giving in to your weaker and frightened self is not an option. You have to push through your fears otherwise you surround yourself by fuzzy fears and a feeling of helplessness.

Action is necessary to move from pain to power: ACTION IS VERY POWERFUL!⁶

PAIN-TO-POWER VOCABULARY

Words can be powerful as well. Below you find my selection of Susan Jeffers' Pain-To-Power vocabulary⁷:

PAIN	POWER
I should	I could
It's not my fault	I'm totally responsible
It's a problem	It's an opportunity
Life's a struggle	Life's an adventure
If only	Next time
It's terrible	It's a learning experience

Doubtlessly, the way we talk (to ourselves) determines amongst other things whether we are on or off the "power and love track"⁸

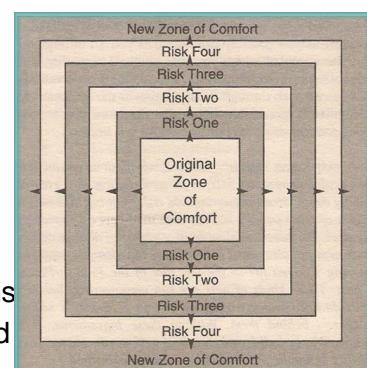
COMFORT ZONE CONCEPT

Taking risks and relaxing are key to the comfort zone concept⁹.

People stretch themselves out of their comfort zone by taking risks repeatedly; eventually they feel more comfortable, stronger and powerful in a specific area of their life.

RESPONSIBILITY & SAY "YES"

Another key towards becoming more powerful is taking full responsibility about all the moaning and groaning, blaming other people and bad



⁵Feel the Fear and Do It Anyway: page 25

⁶ Feel the Fear and Do It Anyway: page 34

⁷ Feel the Fear and Do It Anyway: page 37

⁸ In her book Susan Jeffers explains the connection between love and power: "*The truth is that love and power go together*. With power, one can really begin to open the heart. With no power, love is distorted." – Feel the Fear and Do It Anyway: page 37

responsible people look at the opportunities in every situation. What is more, even in case there are hardly any opportunities these people would keep a responsible mind. Susan Jeffers refers to Viktor Frankl who was capable of keeping both a sane and responsible mind under unquestionably terrible circumstances. Being still in charge of his mind he did not give away his freedom to choose his mind's reaction to the inhuman circumstances. Truly taking responsibility means saying "Yes" to any situation that life brings along. It helps to actually nod your head up and down to get into this proactive frame of mind.

Leading a truly responsible life requires awareness and clarity. Susan Jeffers states that "Taking responsibility means becoming conscious of payoffs that keep you stuck."¹⁰ The payoff for suffering, having bad luck and for being ill could be the attention you get from your fellowmen and from your loved ones. Becoming aware of these psychological mechanisms is the precondition for taking responsibility and action.

POSITIVE THINKING – MAKE IT A HABIT

Reality is neither positive nor negative. It does not even exist without our consciousness as we create our own reality. We see things the way we are and not as they are¹¹. Powerful and positive thinking makes us and our body either strong or weak. In her book Jeffers describes a partner exercise which verifies this phenomenon.¹² With negative affirmations physical strength goes down the drain. Positive thinking is something you have to practice regularly, otherwise you lose the skill. It is like hygiene for your brain – don't stop taking your mental and spiritual "showers". Susan Jeffers advises her readers to keep repeating positive affirmations. That way you can stay centered and tap your source of power.

THE SOCIAL DIMENSION

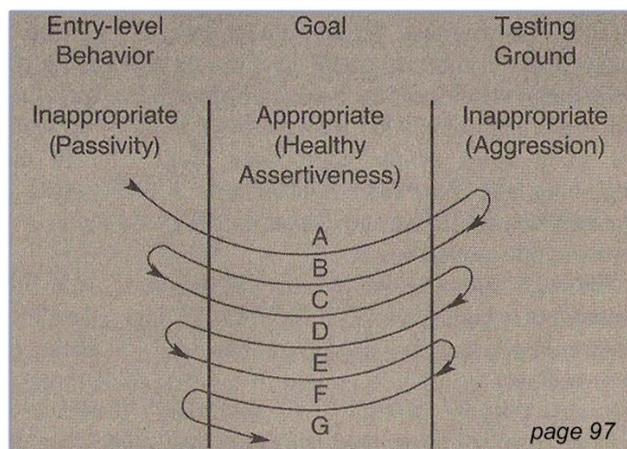
Positive thinking is powerful, but it is all wasted if you are permanently surrounded by energy vampires who drag you down. Your social network reflects the way you are as like attracts like. In case you want to change your attitude by becoming more responsible, positive and active you might experience resistance. Maybe it is time to make new friends and to risk losing touch of some of your current mates. Losing friends is bad but what is even worse is when your family and possibly your partner consciously or unconsciously sabotage your efforts to evolve from pain to power. Susan Jeffers experienced opposition from all the three above mentioned areas (friends, family and partner). Her journey from pain to power was bumpy at first, as she was alternating between passivity and aggression, but gradually she evolved towards *Healthy Assertiveness*.

¹⁰ Feel the Fear and Do It Anyway: page 56

¹¹ "We don't see things as they are, we see them as we are." Anaïs Nin – www.quote-garden.com

¹²I then ask her to put her arm down, close her eyes and repeat ten times the negative statement "I am a weak and unworthy person." I tell her really to get into the feel of that statement. When she has repeated the statement ten times, I ask her to open her eyes and extend her arm again exactly as she had before. I remind her to resist as hard as she can. Immediately, I am able to bring down her arm. It is as though all strength has left her.....(page 70)

PENDULUM SYNDROME



One key to resolving issues with your family and your mate is to create win-win situations and to avoid reacting defensively. That's easy from a position of power but difficult in case you have self-doubts and low self-esteem. Susan Jeffers recommends to *act-as-if*¹³ you would trust in yourself. Another way to overcome resistance is to apply verbal Aikido, which is basically about non-aggressive self-defense where you try not to harm your "opponent."¹⁴ Part of the above visualised stabilising process is to become more and more independent of other people's approval. Interestingly, *the less you need someone's approval, the more you are able to love them.*¹⁵

When dealing with the social dimension the Queen of Self-Help uses bold letters twice to give emphasis to two statements:

<p>My suggestion is: Believe that your mate wants what is best for you and that he or she will ultimately love the positive changes in you. (page 95)</p>	<p>It is amazingly empowering to have the support of a strong, motivated and inspirational group of people. (page 86)</p>
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I'm really fond of Susan Jeffers choice of fonts as both statements are very important and deserve to be emphasized. Assuming that your not evil-minded mate will eventually like the way you're changing is sensible. It's undoubtedly important to look underneath the surface to find out about each other's interests and worries. That is the precondition for finding win-win solutions and for generating synergies. Admittedly, if the worst comes to the worst, your partner is not capable of growing with you. When you rock the boat it could mean sink instead of swim for your relationship. Is it worth the risk, then? Absolutely! Don't compromise on your staying true to yourself!

Yet, avoid being an insensitive and hard-nosed jerk who doesn't care about collateral damage. Staying true to yourself is essential for loving yourself which in turn is crucial for loving someone else. According to Jeffers the support of an inspirational group is amazingly empowering, and I agree with her 100%.

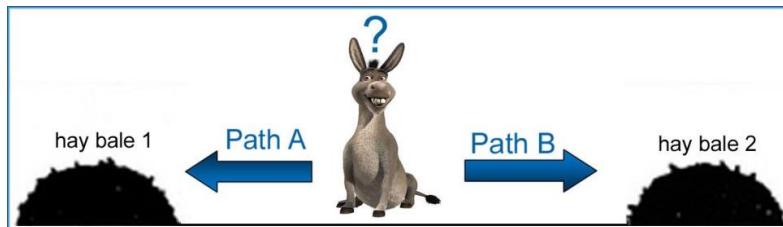
NO-LOSE DECISIONS

¹³ By the way, the act-as-if tool is a classic among coaching concepts.

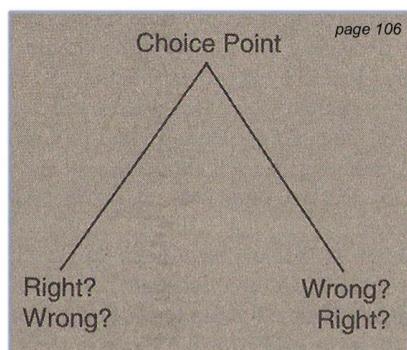
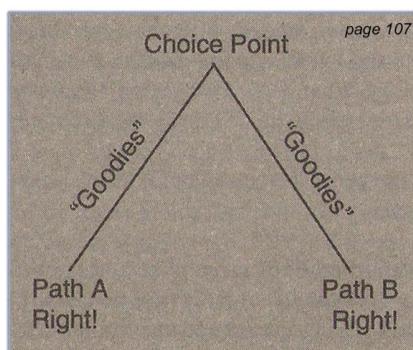
¹⁴ Susan Jeffers recommends the book *Aikido in Everyday Life* by Terry Dobson and Victor Miller. Dobson and Miller are convinced that "the best victory is the one in which everyone wins."

¹⁵ Feel the Fear and Do It Anyway: page 101

Another key to becoming more powerful is the ability to make decisions. Sometimes people behave like a donkey who is incapable of deciding in between two attractive alternatives. Due to the donkey's indecisiveness the animal chooses to starve. It is decision by default.

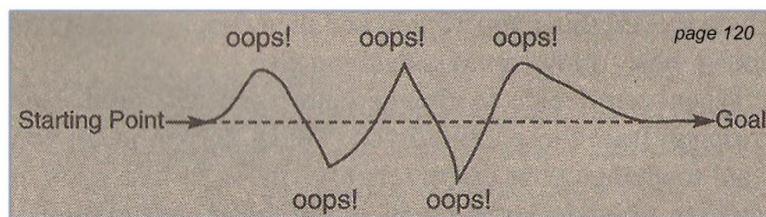


Very often people are stuck in the above visualized donkey dilemma because they think in terms of right or wrong with regard to decisions. The NO-LOSE model shows a relaxed way out of the rut. Regardless of which path you choose there is something positive in it for you – a learning experience or "Goodies".

NO-WIN MODEL**NO-LOSE MODEL**

Don't take yourself and your decisions so seriously, lighten up and trust in your ability to handle whatever comes your way. Inform yourself about the alternatives at hand and try to feel your decision with lightness in your heart. After you have made your decision *throw away your old picture*¹⁶ and look out for what you really get as a consequence of your choice. The actual result can be different to your original plan (=picture), but so what, it can still be equally or even more rewarding. If you find out that you don't like your chosen path any longer change it and don't worry about resources being wasted. There were "Goodies" on your old path and there will be "Goodies" on your new one.

Be stubborn in a flexible way by repeatedly correcting your path without losing sight of your "destination"; act like an airplane with a guidance system (see graph below)

OFF COURSE/CORRECT MODEL

Don't be afraid of the "Oops" and rather start worrying in case you are not making any mistakes. The Queen of Self-Help advises the reader to bear the following two affirmations in mind in order to conquer indecisiveness.

¹⁶ Feel the Fear and Do It Anyway: page 117

- IT REALLY DOESN'T MATTER¹⁷
- SO WHAT! I'LL HANDLE IT

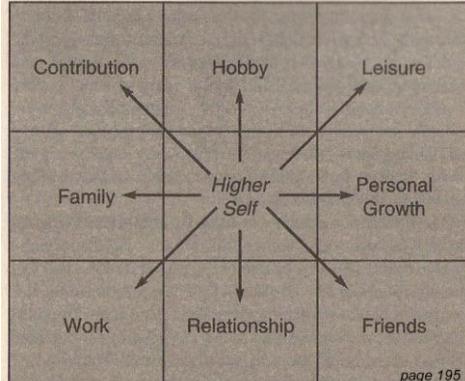
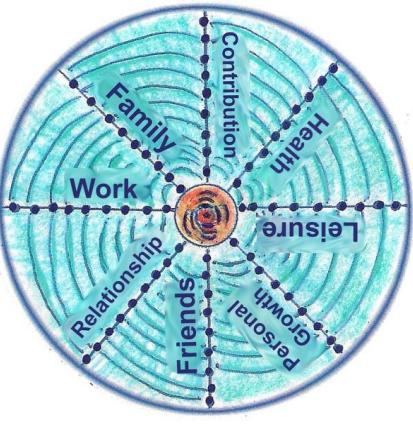
ABUNDANCE & GIVING

Another key concept for becoming more powerful and fearless is giving – out of a position of love and trust without expecting anything back. Genuine giving is not about having second thoughts. The very act of "proper" giving is supposed to be rewarding for its own sake because it feels good. Through genuine giving you can get in touch with your Higher Self – divining that your life and your purpose can be bigger than yourself.

But what if you never get anything back? What if you believe in abundance but your fellow men stick to their win-lose thinking? You need a lot of intrinsic security and humour to manage genuine giving when being surrounded by a scarcity mentality. Bear in mind that an abundance mentality and positive thinking are infectious. If you stay true to your path and insist on being a giver (of love, praise, information, thanks, time and money) you might eventually have a healing effect on the people in your vicinity. In addition to that, as like attracts like, you become surrounded by more and more positive people who believe in abundance. Then synergies can be generated, and *public victory* can happen.¹⁸ In case you manage to handle both *private and public victory* your life becomes "whole."

WHOLE LIFE & SPIRITUALITY

When being interviewed by Piers Morgan in *Piers Morgan Tonight* Oprah Winfrey states that she is "very clear that her life and her purpose are bigger than herself."¹⁹ She makes clear that she is equipped with a very accomplished *Higher Self*. Oprah Winfrey's *Power Wheel of Life* is endowed with a whole lot of momentum. I am positive that she is in the flow of things most of the time – her *Wheel of Life* is turning and maybe sometimes spinning.

WHOLE LIFE GRID WITH SPIRITUALITY  <small>page 195</small>	
WHOLE LIFE GRID WITH SPIRITUALITY by Susan Jeffers	Power Wheel of Life by Stephan Freilinger

¹⁷ Susan Jeffers is referring to the different paths and decisions you can take. IT REALLY DOESN'T MATTER which path you choose because there are "GOODIES" either way.

¹⁸ In his book "7 Habits of Highly Effective People" Steven R. Covey states that *public victory* is preceded by *private victory*.

¹⁹ When Oprah Winfrey was interviewed by Piers Morgan in the TV show *Piers Morgan Tonight* in January 2011 she stated that: "I am very clear that my life and my purpose is bigger than myself."

I was introduced to the *Wheel of Life* method when I attended a (free) coaching course at the Coaching Academy²⁰ in London in June 2010. I find it a very handy tool for working on yourself and your balance. The closer you are to the wheel rim the stronger you are in the specific areas of your life. At the coaching seminar we were instructed first to name the areas of our life, then to assess ourselves and later on to think of possible actions for enhancing our life's "spokes". The *Power Wheel of Life* is a blend in between Susan Jeffers WHOLE LIFE GRID and the "Coaching Academy's" *Wheel of Life*. As "Health" was missing in Susan Jeffers' – to my mind – not so whole LIFE GRID I added this undoubtedly very important area to the *Power Wheel of Life*. In the *Power Wheel of Life* the inner guidance system, the "Higher Self" and the "power house" are situated at the very core. It contains unlimited power– the force within. The methods and tools provided by Susan Jeffers in her book all aim at releasing the power within.

PLENTY OF TIME

The challenge is to stay on the exciting and adventurous path to power and love, to be patient, to make fear your companion and to trust your intuition. Let your inner guidance system, your hunch and your *Higher Self* take the lead and when in doubt bear in mind: "It's all happening perfectly."²¹

NOW WHAT? HOW TO GET ON TRACK

Could I handle it so far? What do you think? To my mind the whole process of getting to the core of Susan Jeffers recipe for life and relating it to my own knowledge and my experiences was worth it. There was a lot in it for me and my planned workshops and I hope it wasn't a complete and utter waste of time for my readers either. However, I'm still skeptical with regard to my dear relative, because unlike Susan Jeffers, Eckhart Tolle and Dr. Helmut Aigelsreiter ²²she hasn't had her "spiritual" turning point experience yet – just like the majority of mankind.

Many years ago, I had a student in my course who told us about a panic attack which turned out to be a true blessing: He used to be a heavy smoker who always preferred the lift to the stairs. One day, as the lift was out of order, the stairs were his only way up to his flat. Completely out of breath and gasping for air he started to panic. Lucky him! Thanks to this emotionally highly intensive experience he released quite some power within: He managed to turn his life upside down and moved on to a better and healthier life track.

The guy, described above, applied some kind of emotional alchemy. His negative experience was the trigger for something very positive. He cut the crap and ended up with gold.

²⁰ For information about the Coaching Academy: www.the-coaching-academy.com

²¹ Susan Jeffers uses this positive affirmation in chapter 12 (There Is Plenty of Time) – page 202

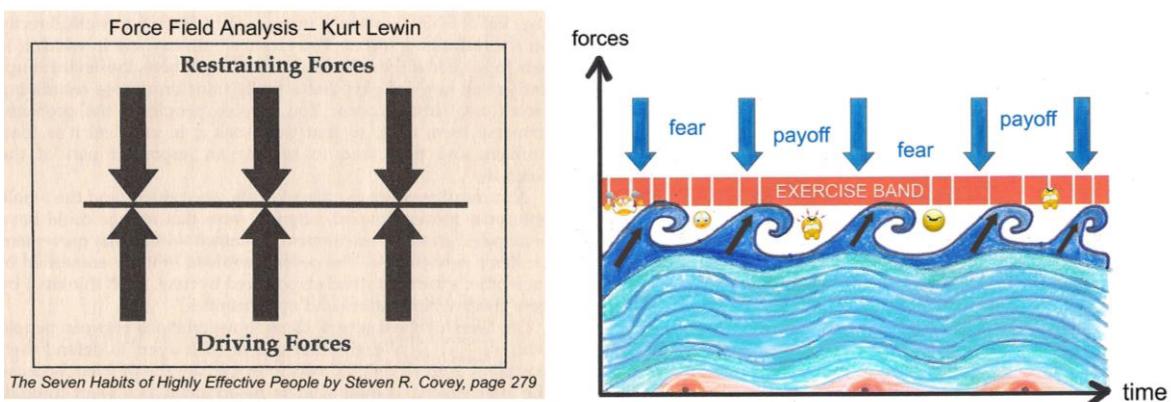
²² Susan Jeffers "mirror" experience reminded me of two other liberating turning point experiences. In the introduction to his book "The Power of Now" Eckhart Tolle describes how he was drawn into "what seemed like a vortex of energy". He could set his course to spiritual enlightenment. "Same, same but different" for Dr. Aigelsreiter's journey from pain to power. In the introduction to his book "Die 7 Aigelsreiter" he describes how he got in touch with his inner force; it was the initiation of his physical self-healing process. Among these three turning point experiences, the one described by Eckhart Tolle is the odd one out. Tolle's inner voice told him "resist nothing". Therefore I'm inclined to liken his experience to an implosion, while the other two seem to be more like a counter strike and a powerful explosion.

I am convinced that emotional alchemy can be applied in many situations. However, there are limits to his magic. As I see it, sometimes crap is just crap and no more: All that stinks is not gold and it doesn't even glitter.

For sure, it still makes sense to make the most of it and to look for meaning in the blows taken. However, there is no need to be thankful for all the crap that the universe has handed out to you. A friend of mine managed to keep his mind sane and free of bitterness in spite of the many severe blows he has had to suffer: That's an absolute accomplishment.

My friend would certainly disagree with my praise and assessment, but in a humorous and self-deprecating way. I love him for that.

I would not recommend waiting for a turning point experience, like the one described above, because you might wait forever. In his audio book "The New Psychology of Achievement" Brian Tracy states that "the great majority of people – 80% by their own admission – live lives of quiet desperation". To my mind it is not always quiet desperation but rather not quite enough desperation. The graph on the right below, which is an adapted version of Kurt Lewin's Force Field Analysis, is meant to visualize this stalemate.



How can this dilemma be resolved?

What about *acting-as-if* you have had your turning point experience or you just tell yourself that this is your moment of glory and you get cracking? Why not behave in a proactive manner and start acting before you are acted upon? Bear in mind that the tools provided by Susan Jeffers work regardless of whether you have had your "spiritual" turning point experience.

Napoleon Hill²³ might claim that a *burning desire* combined with *personal initiative* would bring the break and turn the tide and I think he'd be right. He'd be absolutely right but nevertheless Hill's piece of advice would be of rather limited benefit for people who struggle with the habit of personal initiative and for people who struggle with sparking their desire.

Is there hope for these people? Absolutely!!! Maybe they just need a bit of "gang" power to get themselves moving and to break through their restraints.

²³ Napoleon Hill (October 26, 1883 – November 8, 1970) was an American author who was one of the earliest producers of the modern genre of personal-success literature. (WIKIPEDIA)

NO INNER BIG BANG BUT MEMBER OF A "GANG"

**It is amazingly empowering
to have the support of a strong,
motivated and inspirational group of
people. (page 86)**

I know we have had this quote before
but it's just so important. It's an
important key.

Just by telling somebody about your resolution to evolve from pain to power you can considerably increase the chances that you stick to your path. Instead of waiting for a "spiritual" turning point experience you turn the tide by the use of "gang" power. Synergies can be generated and together with your goal buddy or your goal buddies you can "take over the world" or at least you can try to²⁴.

CONCLUSION

"Feel the Fear And Do It Anyway" is not just a guide for overcoming fears; in fact it is a quite comprehensive "recipe for life". Susan Jeffers' provides the reader with highly useful and practical techniques and concepts for leading a more fulfilling life. The author's approach is very sensitive and psychologically sound in that she avoids setting guilt traps. Unlike Jeffers, success "gurus" such as Napoleon Hill, his followers in "The Secret" and also the televangelist Joel Osteen²⁵, favour an approach where there is no space for doubts and negative affirmations. According to these "gurus" people lacking faith won't be rewarded by god or the universe. Instead, they are made responsible for their inability to turn their destiny, e.g. conquering cancer²⁶.

Susan Jeffers' approach allows people to have doubts in between. One of her key messages is not to get angry at yourself in case you feel stuck in a rut. By taking "mental showers" regularly and by not taking things too seriously you get back on track. You will never become fearless as long as you face new challenges. Make fear your companion in your life's adventures but do not give in to your fears.

I would like to conclude my essay with Viktor Frankl's words – a man who practiced what he preached: "... Do I really have to give in to my weaker self? Do I have to put up with my fear? Can't I be stronger than my fear?"²⁷ Think about it and act accordingly – it pays.

²⁴ **Pinky:** Gee, Brain, what you wanna do tonight?

The Brain: The same thing we do every night, Pinky — try to **take over the world!**

²⁵ Joel Scott Osteen (born March 5, 1963) is an American author, televangelist, and the senior pastor of Lakewood Church in Houston, Texas. (WIKIPEDIA)

²⁶ In the DVD "The Secret" as well as in one of Joel Osteen's sermons about "Mountain moving faith" the "cancer example" is being used to demonstrate the power of flawless positive thinking.

²⁷

"..... Auch ich hatte zu Beginn meiner alpinen Laufbahn Angst vor dem Klettern, vor dem Abgrund, hab aber dann justament zu klettern begonnen. Denn ich stand auf dem Standpunkt, den ich auch vielen meiner Patienten mitgebe: **Muss man sich denn alles von sich selbst gefallen lassen? Muss ich mir die Angst gefallen lassen? Kann ich nicht stärker sein als meine Angst?**"

abundance	the situation in which there is more than enough of something
alternate	to happen or exist one after the other repeatedly
approval	<i>official permission:</i> The project has now received approval from the government.
approval	<i>the feeling of having a positive opinion of someone or something:</i> He showed his approval by smiling broadly.
as opposed to	<i>rather than:</i> I'd prefer to go in May, as opposed to September.
assert	<i>to behave in a way that expresses your confidence, importance, or power and earns you respect from others:</i> I really must assert myself more in meetings.
assertiveness	<i>the quality of being confident and not frightened to say what you want or believe:</i> He spoke with confidence and assertiveness.
be (of) no use	<i>to not be useful, helpful, or possible:</i> His advice turned out to be no use at all. There is no use (in) arguing any more. CAMBRIDGE DICTIONARY
be (of) no use (to somebody)	<i>be (of) no use (to somebody) to be completely useless:</i> You needed blankets to keep warm because the heating was no use. Take this – it's of no use to me anymore.
blow	<i>an unexpected event that has a damaging effect on someone or something:</i> Losing his job was a severe blow to his confidence. We have suffered a major blow.
blurb	<i>information printed on the outside of something, especially something for sale such as a book, to describe it or make it attractive to buy:</i> The blurb on the back of the book says that it "will touch your heart".
boil sth down	<i>to reduce information, usually so that it contains only its most important parts:</i> He had boiled down a lengthy report to just a few paragraphs.
default	<i>if something happens by default,</i> <i>it happens only because someone does not do something else:</i> If nobody stands against him, he will become leader by default.
defensive	<i>too quick to protect yourself from being criticized:</i> When asked about his decision, he got very defensive.
distort	<i>to change the shape of something so that it looks strange or unnatural:</i> Her face was distorted with pain.
distort	<i>to report something in a way that is not completely true or correct:</i> His account was badly distorted by the press.
divine	<i>to discover or guess something:</i> Somehow, the children had divined that he was lying.
drag sb down	If an unpleasant situation drags someone down, it makes them feel unhappy or ill.
drain	<i>to make the water or liquid in something flow away:</i> The swimming pool is drained and cleaned every winter.

drain	I think the kitchen drain is blocked.
dub	<i>to give something or someone a name that describes them in some way:</i> The body, thousands of years old, was found in the Alps and dubbed 'The Iceman'.
dub	<i>to change the original spoken language of a film or television programme into another language:</i> They dubbed the film into German.
endow	<i>You say that someone is endowed with a particular desirable ability, characteristic, or possession when they have it by chance or by birth:</i> You are endowed with wealth, good health and a lively intellect.
evolve	to develop gradually, or to cause something or someone to develop gradually
excruciatingly	<i>in a way that is extreme and difficult to bear:</i> Progress has been excruciatingly slow.
fuzzy	If a sound or picture is fuzzy, it is unclear.
gasp	The kids sprinted up the steps and were gasping for air by the time they arrived on the fourth floor.
genuine	If people or emotions are genuine, they are honest and sincere.
goody	<i>an object that people want or enjoy, often something nice to eat:</i> All the children were given a bag of goodies - mostly sweets and toys.
groan	<i>a deep, long sound showing great pain or unhappiness:</i> We could hear the groans of the wounded soldiers.
groan	After a lot of moaning and groaning, they eventually started work.
hunch	an idea that is based on feeling and for which there is no proof
in actual fact	<i>in reality, actually:</i> He looks younger, but he is in actual fact almost 60 years old. In actual fact, she was quite right.
let alone	He would never walk again let alone play golf.
mate	<i>an animal's sexual partner:</i> Peacocks use their beautiful tails to attract mates.
mate	<i>a friend:</i> We've been mates since our school days.
mate	<i>used as a friendly way of talking to someone, especially a man:</i> Have you got the time, mate?
mate	AMERICAN ENGLISH <i>a husband or wife – used especially in magazines</i> SYN partner: How do women choose their mates? www.ldoceonline.com
moan	<i>to make a long, low sound of pain, suffering, or another strong emotion:</i> He moaned with pain before losing consciousness.
moan	After a lot of moaning and groaning, they eventually started work.
momentum	the force that keeps an object moving
odyssey	/'ɒdɪ.si/ a long, exciting journey

payoff	an advantage or profit that you get as a result of doing something
puffy	<i>If the skin around your eyes is puffy, it is slightly swollen:</i> His eyes were still puffy with sleep.
resolve	<i>to find a satisfactory way of dealing with a problem or difficulty:</i> The crisis was resolved by negotiations.
restraint	Restraints are rules or conditions that limit or restrict someone or something.
restraint	The two prisoners were kept under restraint while they were transported between prisons.
rim	the outside edge of something circular
<td>a narrow channel, esp. one that has been unintentionally cut into the ground by a wheel</td>	a narrow channel, esp. one that has been unintentionally cut into the ground by a wheel
rut	The carriage became stuck in a rut, and we all had to get out and push. Many over 30s feel stuck in a financial rut.
scarcity	a situation in which something is not easy to find or get
self-deprecating	trying to make your own abilities or achievements seem unimportant
spoke	one of the thin metal bars which connect the outer ring of a wheel to the centre, especially on a bicycle
stalemate	a situation in which it seems impossible to settle an argument or disagreement, and neither side can get an advantage SYN deadlock
synergy	the additional effectiveness when two or more companies or people combine and work together
the truth of the matter	<i>used to stress the truth of a statement:</i> The truth of the matter is, she was wrong and he was right.
unconsciously	<i>without being aware of what you are doing:</i> He may be unconsciously looking for a mother figure.
vicinity	the area near a particular place
vortex	<i>a situation that has a powerful effect on people's lives and that influences their behaviour, even if they do not want it to:</i> This decision propelled her into a vortex from which there seemed no escape.
vortex	a mass of wind or water that spins quickly and pulls things into its centre