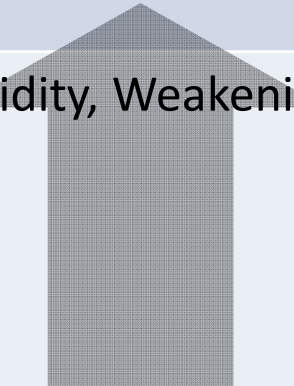


Name	Classification	Occurrence (USA)	Diagnosis
<b>Post-traumatic stress disorder</b>	<i>ICD 10, F 43.1</i>		Results from traumatic experience, flashbacks, avoidant behaviour
<b>Phobias</b>	<i>ICD 10, F 40.0</i>	8.7-18.1% of population	Strong irrational fear and avoidance of situations and objects
<b>Generalized anxiety disorder</b>	<i>ICD 10, F 41.1</i>	5% of population	Excessive anxiety and worry, difficult to control, associated with >3 of 6 key symptoms
<b>Social anxiety disorder, social phobia</b>	<i>ICD 10, F 40.1</i>	5% of population (conservative)	Fear of being negatively evaluated by others, or of being publically embarrassed because of impulsive acts
<b>Obsessive- compulsive disorder</b>	<i>ICD 10, F 42</i>	1-3% of population	Obsessions are distressing, repetitive, intrusive thoughts or images, often senseless . Compulsions are repetitive behaviors that the person feels forced into doing to relief anxiety
<b>Panic disorder</b>	<i>ICD 10, F 41.0</i>	1.7% of population	Repeated, frequent panic attacks, apprehensive about having more attacks, change of behaviour as a result of the attacks

Level	Revelation of anxiety	Therapeutic speech
Ego	<p style="text-align: center;"><u>Beings</u></p> <p style="text-align: center;">Ahriman   ←→   Christ The other   ←→   Myself</p>	<p><i>Knowledge, Cognition</i></p> <p><i>Content level, Meaning in poetry</i></p>
Astral	<p>Anxiety, Panic, Phobia</p>	<ol style="list-style-type: none"> <li>1. <i>Experience of strength instead of aggression</i></li> <li>2. <i>Centering of self in the soul</i></li> </ol> <p>➤ <i>Result: a well polarized astral body</i></p> <p><i>Natural resolve of anxiety is pain</i></p>
Etheric	<p>Acceleration, Freezing, Arrhythmia</p>	<p><i>Making the breath rhythmical rebalances cardiorespiratory coordination</i></p> <p><i>Natural resolve of anxiety is sleep</i></p>
Physical	<p>Loss of solidity, Weakening</p>	<p><i>Experiencing gravity in exercises helps regaining solidity of the physical body</i></p>



Wir Menschen haben auch die Angst in uns. In unserer großen Zehe, in den Beinen, in dem Bauche, überall steckt die Angst. Nur über das Zwerchfell traut sie sich nicht herauf, kommt nur herauf, wenn wir Angstträume haben. Aber in uns steckt die Angst. – Doch die Angst hat ihren guten Zweck; die hält unseren Organismus zusammen. Und in den Knochen, da steckt die allermeiste Angst (...). Die Angst ist es, die die Knochen fest hält.

Sehen Sie, wenn die Angst in die Seele heraufzieht, dann hält sie die Dinge in den Gedärmen nicht mehr zusammen; wenn die Angst aber unten in den Gedärmen ist, hält sie den Stoff zusammen.

R. Steiner, GA 350, 18. Juli 1923

The human being – like the animal – has fear built-in somewhere. It dwells in our big toe, the legs, the abdomen, everywhere in the physical structures fear is to be found. But it doesn't rise above the level of the diaphragm, except in worrying dreams. Yes, there is indeed fear – but it serves a beneficial purpose: it keeps the physical structure in place. Looking at the bones is where you will find the most pronounced stronghold of fear. The density of our bones is guaranteed by strong, built-in fear.

If fear rises in the soul, this fear is not able to structure the contents of the intestines anymore and one will experience problems like diarrhoea. As long as fear is confined to the intestines, then the waste matter will be formed.

R. Steiner, GA 350, July 18th 1923

Einer Tochter

Behaupte dich, sonst gedeihst du nimmer.  
Es gilt Ich gegen Ich überall und immer.

Nur die Kräftigen  
schauen die Höhn-  
Was weinst du denn?  
Ist das nicht schön?

Christian Morgenstern