

A
CONSTANT
FEAR OF
UNCERTAINTY

BREE DORMAN

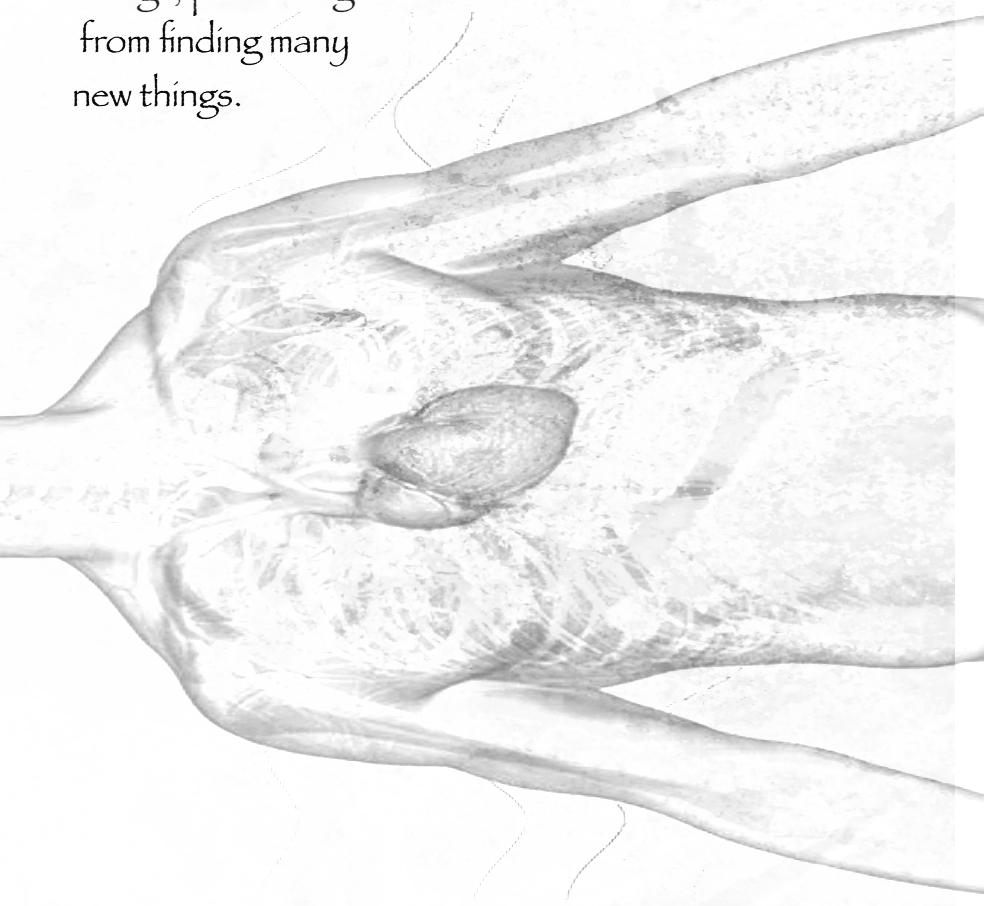
Every morning when I wake up, I am filled with uncertainty.

Uncertainty may be good or harmful, but it is also difficult to manage.

The uncertainty of not knowing what events may occur and when they will occur.

Uncertainty may be good or harmful, but it is also difficult to manage.

The continual fear can cause my heartbeat to race, my hands to shake, and sweat to stream down my face. The emotion might be terrifying and make me reluctant to attempt new things, preventing me from finding many new things.



Things I overlook can be critical and set me back. Although it can put me back, it can also be useful when things go wrong.



CAUTION

Even if it ends up being something I never thought I'd accomplish or see before. I find it more comfortable for me to stay in my comfort zone rather than to try anything unfamiliar. The situations I try to be in are what I believe to be safe. I'm sometimes afraid of breaking free from the shell I've formed around myself because I don't want to fail myself or others.

Sometimes I get the idea that something new or unusual might cause a host of problems and may even be hazardous or frightening to look upon.

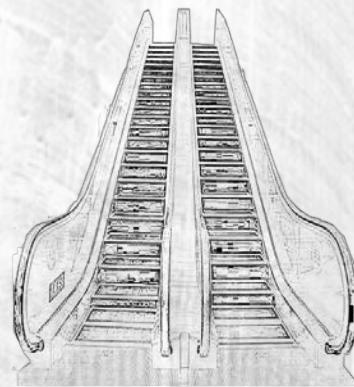
Images of items and various tales can also play a role.

Many things in life terrify me since the issue and the eventual consequence can be dangerous.

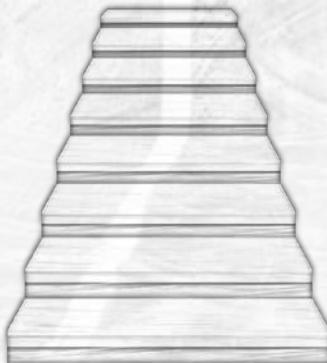
I'm afraid of roller-coasters, airplanes, and escalators to name a few.



I dislike escalators because they give me the impression that I could fall down or that I might be knocked over and tumble back. Escalators also make me wonder whether they may malfunction and cause accidents.



Even though it takes longer, I would rather travel up and down stairs than be worried about what can happen when riding escalators. Escalators make me nervous since they can result in unanticipated consequences, which can lead to dangerous events.



I'm fearful of rollercoasters because I dislike the sense of airtime when going on them and the constant movement throughout the ride. Furthermore, I also hate the idea of being confined to limited space

within the seat and the reactions between calm to scared. The uncertainty of being on the ride and not knowing what is going to happen can be intimidating.

Rollercoaster rides are unsettling to me because of the uncontrollable aspects, unexpected emotions, and confined space.



I detest flying because
I am frightened that
someone else will be
controlling the plane.
I'm concerned about
the possibility of an
accident that might
result in death.



The fear of being flown
above the land I used to
tread on is a frightening
vision of mine. Flying leads
me to develop a dread of
uncertainty due to the
lack of control that comes
with not being able to alter
the result.

My fear of escalators, rollercoasters, and planes
derives mostly from a franchise in which people per-
ished in mass-casualty catastrophes and death by
delicately modifying environmental situations. Per-
haps it's because I saw one of the films when I was
four years old. The film taught me to be aware of my
surroundings and to suspect that what appears to be
safe may not always be the reality.





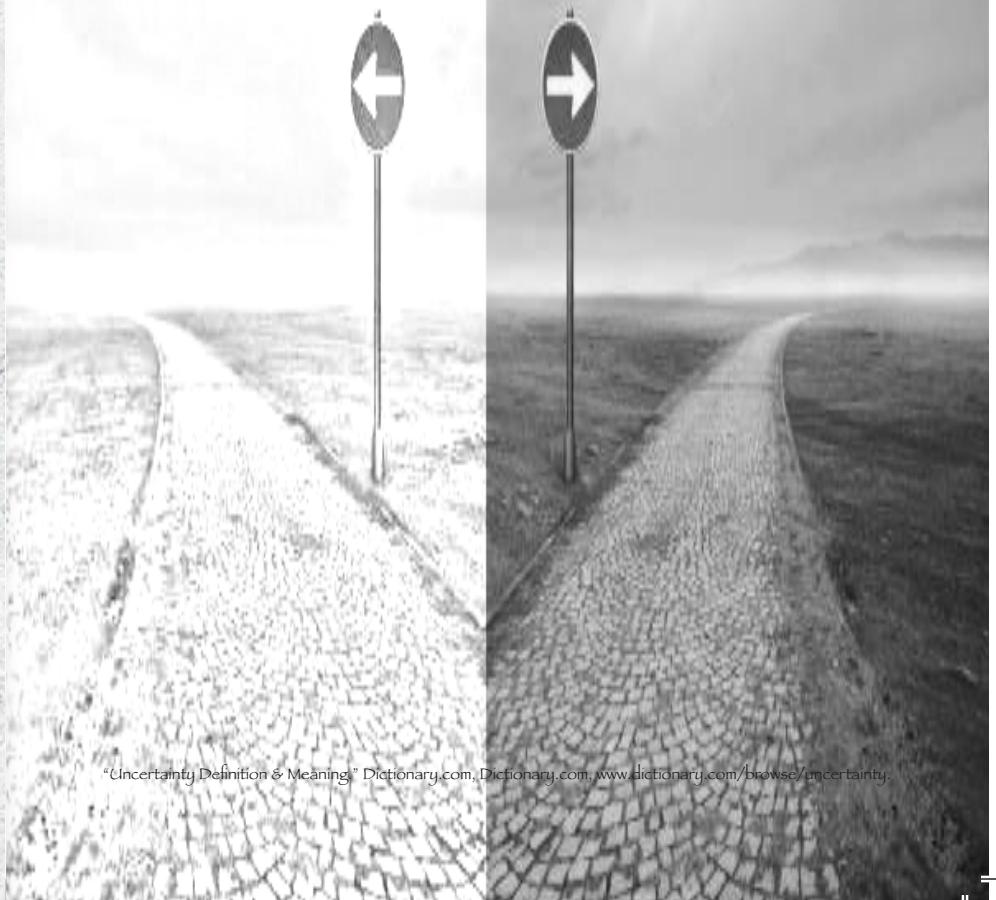
Overall, I am always afraid of the uncertainty of not being able to control the situation, the numerous occasions of doubt, and the continual sense of a wide range of emotions. The idea that certain events are being controlled by someone else can create unpredictability and lead to unexpected

consequences. When I have doubts about anything new being excellent and fascinating, it makes me wonder if it is a good scenario. The myriad feelings accompany by uncertainty, such as a racing heart and trembling hands, can make it difficult to regulate and manage.

Uncertainty

un·cer·tain·ty

- 1) the state of being uncertain; doubt; hesitancy:
- 2) an instance of uncertainty, doubt, etc.
- 3) unpredictability; indeterminacy; indefiniteness.



"Uncertainty Definition & Meaning." Dictionary.com, Dictionary.com, www.dictionary.com/browse/uncertainty.

A CONSTANT FEAR OF UNCERTAINTY

Uncertain thoughts and sentiments, such as what could happen or when it might happen, might be frightening to confront, but picture being afraid of the unknown every day. The author, Bree Dorman, explores her doubts and the possible causes behind them. Follow Bree as she investigates the meaning of uncertainty and the consequences it may have.

Bree Dorman is a graphic design student at Virginia Commonwealth University. Dorman created this book for Professor Hoskins' Core Studio II class.

ISBN 978-3-16-148410-0



9 783161 484100