

# AI-00695 Fears of Humans

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**Extract and synthesize the following: The fears always come down to either feeling the overwhelm of others or of the world's demands or the loss of connection with others or the world. Those are our fears of overwhelm and abandonment again.**

## ChatGPT

The underlying fears that consistently emerge can be distilled into two primary categories: the first involves the sensation of being overwhelmed, either by the expectations and pressures imposed by the world or by the influence and demands of others. The second revolves around the fear of losing connection, whether it be with individuals or the world at large. In essence, these fears can be traced back to the recurring themes of overwhelm and abandonment.

## Simplify the two fears

## ChatGPT

The two core fears can be simplified as the fear of being overwhelmed by external pressures and expectations, and the fear of losing connection with either individuals or the world. Both fears ultimately boil down to the concerns of overwhelm and abandonment.

1. Fear of being overwhelmed by external pressures and expectations.
2. Fear of losing connection with individuals or the world.

Both fears can be traced back to concerns of overwhelm and abandonment.