

Everyday Stress

by

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"The mathematician's patterns, like the painter's or the poet's, must be beautiful.

The ideas, like the colors or the words, must fit together in a harmonious way.

Beauty is the first test: There is no permanent place in the world for

ugly mathematics.... it may be very hard to define mathematical beauty,

but that is just as true of beauty of any kind - we may not know quite what

we mean by a beautiful poem. But that does not prevent us from recognizing

one when we read it."

A Mathematician's Apology

G. H. Hardy 1940

Anxiety - 1. The state of feeling nervous or worried that something bad is going to happen.

2. A worry or fear about something.

3. A strong feeling of wanting to do something or of wanting something to happen.

Oxford Advanced Learners Dictionary

The Definition of a Reward:

A reward is not a form of entitlement.

A reward is established to produce and then
reinforce a particular behavior after
its successful completion until it becomes a reflex.

The Time Frame of Rewards:

The closer a proportional reward is to the actual commencement of the rewarded activity, the greater the probability of repeated success.

The Timing of a Reward:

Never reward a task

before its completion.

The Introduction of a Reward:

No reward should be introduced that can be circumvented without the requisite effort needed to obtain it.

The Anticipation of a Reward:

Anticipation reinforces reward.

The Frequency of Rewards:

When Perceived Effort is greater than Perceived Reward

the frequency decreases.

When Perceived Effort is lesser than Perceived Reward

the frequency increases.

Fixed and Intermediate Rewards:

A Fixed Reward can not be moved without removing the qualification for it.

An Intermediate Reward can be increased in number while being decreased in proportion.

The Removal of a Reward:

Never remove a reward

without just cause.

The Off - Set Reward:

Not every action is rewarded.

The Contingency of Reward:

All behavior is contingent

on a reward.

The Surrogate Reward:

When our Intended Reward is
unattainable or too far - off.

The Time Frame of Satisfaction:

Only the ill-framed mind is resolute in pursuing a Perceived Reward
without a regard for how long it will last.

The Efficient Reward:

Any reward that is genuine and natural.

The Inefficient Reward:

Any reward that is artificial and unnatural.

The Consequence of a Reward:

The pursuit of an Inefficient Reward

may destroy ourselves or others.

The Positive Reinforcement:

An Efficient Reward based on

proportional behavior.

The Negative Reinforcement:
An Inefficient Reward based on
disproportional behavior.

The Simplicity of Efficiency:

All complex functions

strive to efficiency.

The Time Frame of Relief Frequency:

An Efficient Reward is close-ended.

The Relative Distress period lengthens.

The Relative Relief period shortens.

An Inefficient Reward is open-ended.

The Relative Distress period shortens.

The Relative Relief period lengthens.

The Appearance of Rewards:

An Inefficient Reward appears efficient.

An Efficient Reward appears inefficient.

The Incentive to Save:

An Inefficient Reward discourages
saving and investment.

An Efficient Reward encourages
saving and investment.

The Promotion of Rewards:

Inefficient Rewards prompt and promote further inefficiency.

Efficient Rewards prompt and promote further efficiency.

The Effectiveness of Reward:

An Inefficient Reward is ineffective.

An Efficient Reward is effective.

The Avoidance of Anxiety:

The constant introduction of Inefficient Rewards disguises
the deleterious facts of the situation.

The Conclusion of Rewards:

An Inefficient Reward always end painfully.

An Efficient Reward always ends pleasantly.

The Corruption of Reward:

Anything that circumvents the progressive nature of

Perceived Effort and Perceived Reward.

The Parity of Rewards:

An Inefficient Reward produces inefficient behavior.

An Efficient Reward produces efficient behavior.

The Intangible Reward:

We take action in our life that
transcends our self-interest.

The Demands of Rewards:

An Inefficient Reward demands immediate gratification.

An Efficient Reward demands delayed gratification.

The Terminal Velocity of Reward:

Perceived Effort can no longer be
influenced by Perceived Reward.

The Prohibition of Rewards:

A higher authority must always be present to discern what rewards are warranted.

The Extent of Rewards:

Every human being has an internal belief of
what they will not do
for any price.

The Limitation of Rewards:

Invariably, all systems of reward have their limitations in governing human behavior.

Once a person has seen themselves in relation to others the pliability of rewards fades.

The Correlation of Reward:

We do not understand

the reasons for our success

or lack of success.

The Prohibition of Reward:

Contempt arises when

a reward

is deemed unearned.

The Toll of Reward:

The toll of reward is
not readily available.

The Outcome of Rewards:

What behavior do you seek to encourage
or discourage by rewarding it?

The Definition of Habit:

Habit is a closed end

reward system.

The Development of Habit:

Our habits are developed in response to our anxiety.

Our habits are reinforced because they lessen our anxiety.

No habit can be produced while running counter to this.

The Establishment of Habit:

A habit is a series of actions or inactions to relieve our anxiety.

Our habits define us.

The Security of Habit:

Our habits provide comfort because they are certain
even if they are painful.

The Relative Distress - Relative Relief Cycle:

Relative Distress

Relative Relief

The Interim

Relative Distress

Relative Relief

The Relative Distress – Relative Relief Proportion:

The level of Relative Distress moves in an inverse proportion
to the level of Relative Relief.

The Relative Distress – The Relative Relief Efficiency:

The systematic efficiency of Relative Distress – Relative Relief is emblematic of all human effort.

The Relative Distress – Relative Relief Assessment:

The Greater the Relative Distress,

The Greater the Relative Relief.

The Relative Distress – Relative Relief Result:

Reflex is the result of repetition.

The Relative Distress – Relative Relief Spectrum:

Our age and our experience dictates

the fullness of our emotions.

The Bell Curve of Performance:

As our exposure to anxiety grows, the median increases

until it plateaus between Relative Distress and Relative Relief.

The Parameter of Reinforcement:

The absence of a reward feels like a punishment.

The absence of a punishment feels like a reward.

The Threshold of Sensation:

The potential for pleasure is limited.

The potential for pain is unlimited.

The Perceived Reward – Perceived Punishment Threshold:

The time frame and the proportion of the reward or the punishment,
which is necessary to induce a positive outcome repeatedly over time.

The Efficiency of Emotions:

Regardless of circumstances, our emotions seek equilibrium.

Regardless of circumstances, our emotions seek efficiency.

The Residual Emotions:

The negative emotions

that precede and proceed

a negative action.

The Onset of Optimal Performance:

The equilibrium of anxiety and apathy.

The Failure of Punishment:

Once a punishment has been issued it loses its impact in preventing undesirable behavior, until it becomes reflexive.

The Misery of Immediate Gratification:

When nothing is worth waiting for.

The Reduction of Standards:

Any attempt to lower standards is futile.

The establishment of standards is pre-emptive.

The Arc of Anxiety:

The value of an action is determined by
our reaction at the apex.

The Memory of Anxiety:

Anxiety lessens over time

with Proportional Relief.

The Memory of Pleasure:

Pleasure decreases over time
without Proportional Distress.

The Scale of Memory:

Perception open to reinterpretation.

The Tenacity of Memory:

Memory can never be relived.

The Accounting of Memory:

Memory is reduced

then intensified.

The Fixation of Memory:

Our memory fixates on past pain or pleasure
to deliver us from current pain or pleasure.

The Content of Memory:

The biggest problem of memory is content.

The harder we try to forget, the easier we remember.

The harder we try to remember, the easier we forget.

The Reduction of Memory:

Memory works best when it is reflexive

and it is thoughtless.

The Proximity of Memory:

Our memories are located by repetition,
not by time.

The Obsession of Memory:

Obsession is created when an initially intense reward is introduced and then revoked, before its eventual conclusion.

The Five Senses and Memory:

Memory can be established regardless
of traditional sensory input.

Structured and Unstructured Memory:

A Structured Memory is created in lock step increments,
to produce a specific result.

An Unstructured Memory is created in intricate increments,
to produce a vague result.

The Depression of Memory:

The onslaught of depression is preceded by
the incremental use of negative selected memory.

The Intensity of Memory:

The greater the intensity, the greater the memory.

The Order of Memory:

Trauma takes precedence

in our recollections.

The Memory of Anxiety:

Our memory develops in response to anxiety.

When distress is presented we have to
remember how to provide relief.

The Function of Memory:

Memory and concentration are
functions of the immune system.

The Statement of Memory:

If our best and worst memories are of the same subject,
that in essence is our memory.

The Context of Memory:

Memory comes into our possession from context both voluntary and involuntary.

The context of memory is best framed when it is conducted out of isolation.

The Perception of Memory:

Our current situation affects our memory.

The Consciousness of Memory:

Forgetting is essential to

the function of memory.

The Totality of Memory:

At best, we only remember
pronounced fragments.

Anxiety:

The state of effortless dread.

Reflex:

The state of effortless concentration.

The Reflex of Memory:

The deeper the state of effortless concentration, the less likely you will be able to recall specifically.

The Time Frame of Memory:

The degree of memory is in direct proportion to
the anxiety presented – the relief provided.

The Repetition of Memory:

Our short term memory needs repetition to become long term.

Our long term memory needs repetition to become reflexive.

The Speed of Experience:

Our memory is based on reinforcement and repetition.

The reinforcement must work inversely over time to our repetitions.

This eventually leads to our memories as a reflex.

The Memory of Addiction:

The initial grasp of an addictive substance or addictive activity never leaves our memory.

This initial grasp becomes a stranglehold as no comparable memories can be formed.

The Process of Withdrawal:

Loss is the greatest memory.

The Micro-Term Memory:

The memory that is developed

over micro-seconds

then is dispatched to

the Short- Term memory.

The Lucidity of Memory:

Our memory forms to alleviate anxiety

to remember pleasure – to avoid pain.

The most distinguishing feature of memory is lucidity.

Memory in its present form

is the absence of thought.

The Memory Spectrum:

Our memory is defined by its borders.

We remember our most substantial pain,
our most substantial pleasure.

The Stress Reaction- Stress Response Proportion:

Stress Reaction

Stress Response

The Interim

Stress Response

Stress Reaction

The Stress Reaction:

The conscious configuration of options

when confronted with anxiety.

The Stress Response:

The reflexive configuration of options
when confronted with anxiety.

The Stress Response Circuit:

The Stress Response encourages either
beneficial or detrimental behavior.

The Definition of Addiction:

Addiction is an open ended

reward system.

The Establishment of Addiction:

The pathway of addiction is

the one of least resistance.

The Escalation of Addiction:

If it alleviates, it escalates.

The Pain of Addiction:

The addicted brain remembers

pleasure greater than pain.

The Truth About Addiction:

Nothing is more disturbing to the sober than the addicted.

The addicted become unlovable very quickly

and therein lies the quandary, the burden of sobriety.

The Odds of Addiction:

Addiction is best expressed as a mathematical function,
a lesson in probability.

There are times when our possibility of addiction
rises exponentially
and times when it returns to its
constant probability.

The Age of Addiction:

The highest statistical likelihood of addiction starting
is in the teen years.

The critical juncture between childhood and adulthood.

Instead of allowing a Stress Response pattern to develop
without sex, drugs or alcohol.

The Cause of Addiction:

Obsession is the case of an unceasing fixation.

The pursuit of relief from this fixation results in
the formation of addiction, which is
the greatest unceasing fixation.

The Intensity of Addiction:

The greater the intensity

the greater the fixation.

The Process of Addiction:

When nothing else matters in your life

and your behavior reflects that

you are powerless to stop.

The Access to Addiction:

Addictive substances or behaviors must be readily available and easily obtainable.

The Terminal Velocity of Addiction:

If relative dose remains fixed

frequency increases

until stasis is met.

The Culture of Addiction:

In spite of the genetic argument,
culture has a greater role
in the development of addiction.

The Relationships of Addiction:

Upon reflection, we realize the magnetic draw
of addiction to unseemly people.

People so disturbing that you must
be high to be around them.

Co-Dependence as Addiction:

Addiction is defined as

substance and user.

The Stagnation of Sobriety:

The process of addiction provides the stimulation of movement.

Addiction is not about the high or the low, winning or losing,
but the appearance of movement.

The Treatment of Addiction:

Addiction in all of its splendor does not
respond to disease treatment.

Addiction is a learned behavior, because it only responds
when treated like a behavior.

The Failure of Rehabilitation:

To simply stop detrimental behavior in a controlled environment is not enough. Unless the skills are developed to strengthen our Stress Reaction and our Stress Response, failure is certain.

The Development of Beneficial Coping Strategy:

To say that addiction is genetic is irrelevant.

The only way to discontinue addictive behavior is
to properly develop ways that deal with anxiety.

The Genetic Predisposition:

One should ask themselves if

some are genetically inclined to addiction.

Does this make them exempt? Is this prudent?

The Time Frame of Withdrawal:

The time frame of withdrawal is directly related to the intensity of the relief provided.

The Impetus to Change:

No human behavior can be changed unless
doing or not doing is more painful.

The Development of the Will:

Over the course of time, we learn what the consequences of our actions are.

We then choose to delay our need for immediate gratification or deny it all together.

The Willful Choice:

In spite of any decision to explain how
our negative behavior began,
it must always end with a willful choice.

The Basis of Behavior:

Incentives define our behavior.

The Nexus of Behavior:

The realization that

a behavior is successful.

The Behavior Cue:

Whatever prompts a behavior.

The Binge Behavior:

Binge Behavior

precedes addiction.

The Depressive Behavior:

Anger precedes depression.

The Outcome of Behavior:

A negative behavior has a detrimental consequence.

A positive behavior has a beneficial consequence.

The Modification of Behavior:

The time frame of our ability

to modify our behavior is relative

to our age and our experience.

The Gauging of Behavior:

Performance must be measured and then quantified

before rewarding it.

The Establishment of Behavior:

Exposure is the greatest influence

The Enforcement of Behavior:

There are no

forced conversions.

The Appearance of Behavior:

Behavior is rarely as it appears.

The Basis of Behavior:

All behavior can be said to be rewarded or punished.

This system of reward or punishment defines us.

We are no more than our behavior, in spite of our potential.

The Probability of Behavior:

The greater the enforcement

a behavior requires

increases the probability

once it is unenforced.

The Enforcement of Behavior:

The longer the period for Potential Reward

or Potential Punishment,

the more likely unenforceable behavior will occur.

The Condition of Behavior:

We are defined by our reaction

to the world around us.

The Inertia of Behavior:

Anger begets anger.

Contentment begets contentment.

The Death Knell of Behavior:

The realization that a behavior
will no longer succeed.

The Development of Impulse Control:

The temper tantrum is developed in response to being told no.

When a temper tantrum succeeds it only encourages
greater temper tantrums, regardless of age.

The Cumulative Effect of Controlling Anxiety:

Any advancement we make is based on
controlling our negative impulses.

Our ability to form beneficial memories is
the foundation of our capacity for personal growth.

The Establishment of Function:

High Function results in beneficial behavior
after the conclusion of anxiety.

Low Function results in detrimental behavior
after the conclusion of anxiety.

The Rewarding of Function:

A Low Function Reward is always inefficient.

A High Function Reward is always efficient.

The Multiple Frequency of Anxiety:

Every anxiety presented to the human mind
gets identified by a frequency.

At any one time multiple frequencies are co-existing.

Once an anxiety becomes manageable
and results in High Function, the frequency lowers.

The Rebound of Anxiety:

Small incremental changes must be made
over a long period of time to prevent relapse.

The Cessation of Anxiety:

When one learns how to deal with their anxiety
they may feel a void.

As we all know, nature abhors a vacuum.

So we may feel the pull of the unnecessary drama
that separated us from ourselves.

The Difference Between Anxiety and Depression:

Anxiety is a Stress Reaction.

Depression is a Stress Response.

The Acceptance of Anxiety:

Recognition, Anticipation, Participation, Recollection, Justification.

Post- Traumatic Stress Disorder:

Simply stated it is permanent regret

and permanent vigilance.

The Post Traumatic Stress Disorder Spectrum:

Post traumatic stress ranges from
mild anxiety to complete revulsion.

The Relief of Trauma:

Once cannot “try to forget” trauma that has occurred.

Paradoxically, one must descriptively relive

what has happened repetitiously,

in order to relieve what has happened.

The Failure of Prolonged Introspection:

The minutiae becomes significant.

The significant becomes minutiae.

The Progression of Anxiety:

Depression is the logical conclusion
to prolonged anxiety.

The Development of Resistance:

Relative Distress exceeds Relative Relief.

The Creation of Trauma:

Trauma is revisited

to recreate relief.

The Assumption of Risk:

Perceived Risk decreases as Perceived Reward increases.

Perceived Risk increases as Perceived Reward decreases.

The Perception of Risk:

Previous success or failure

gauges our present.

The Emotion of Reflex:

Reflex is emotionless.

The Conclusion of Reflex:

Boredom is the eventual conclusion of reflex.

The Amplification of Anxiety:

Change requires a beneficial Stress Response.

The Introduction of Anxiety:

Anxiety surfaces when Perceived Effort
exceeds Perceived Reward.

The Temptation to Quit:

The true journey begins when
you want it all to end.

The Classical Approach:

There are certain mechanisms whether they be social or personal that are the best way.

One can deviate and experiment to their hearts content only to realize this.

All of life's pursuits can be seen as the avoidance of anxiety.

This has traditionally meant the pursuit of pleasure,
the avoidance of pain, as means to an end.

Anxiety is the invisible compelling force behind all
human action, interaction and inaction. With no end in sight.