

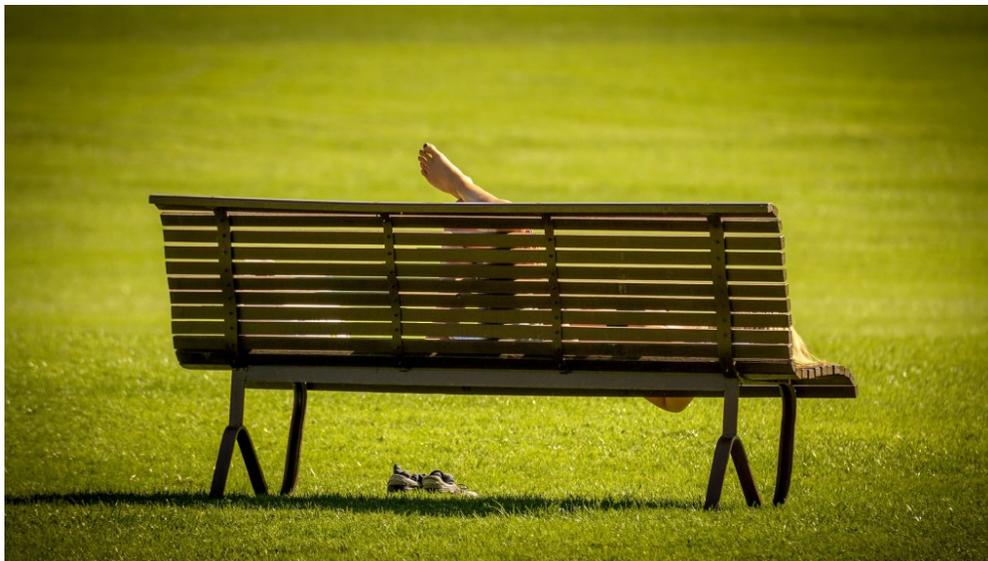
There are two more critical concepts:

Since anxiety is an unpleasant, core survival reaction, you'll do almost anything to avoid it. Essentially, anxiety is the pain. The basic intent of it is to cause you to act in a manner to diminish a threat (control) and move on. When you can't escape a mental or physical threat, your body will secrete more stress hormones and inflammation in order to increase your chances of survival. The sensation generated through this process is anger – anger is anxiety with a chemical kick. They are the same entity. Anger is even less subject to rational interventions.

Not only are there strategies to lower the stress response, there are powerful ways to stimulate increased levels of anti-inflammatory proteins and relaxation chemicals, such as:

- Oxytocin – social bonding, the “love” drug
- Dopamine – reward
- Serotonin – mood elevator
- GABA hormones (the body's equivalent of Valium).

Your capacity to enjoy your life depends on your skills in minimizing your levels of stress hormones and inflammation and stimulating your “play” chemicals. Modern neuroscience has documented why, “Laughter is the best medicine.”



Through the DOC process, as you learn how to respond and re-direct your reactions from threat to safety. This control allows you to feel safe and generate a deep sense of well-being.