Since the inception of time, fear has been one of the most important concerns of all humans, which can be caused by several factors. In some people, fear and its consequences are more serious. But why is fear so strong in some people?

One factor that can contribute to this trend has to do with traumatic experiences. There is this belief that ~~which~~ childhood events play a key role in one's life that will have a direct impact on future. Take death ~~Death~~ of a loved one as a clear example of this, which in turn contributes to a phobia and fear of death in adulthood. Apart from this, nowadays communities are faced with terrorist threats and ideological warmongering. Recent events in Paris are ~~as~~ a clear example of this threat, which in turn led to killings of many innocent people ~~in~~ downtown.

One might ask how we can ~~can we~~ address this problem.~~?~~ There is this belief that in the first step, individuals who are scared of something can use treatment methods such as drug therapy or speech therapy. No matter how serious a problem is, surely there exists a treatment for it. Take Psychotherapy as a clear example of this which develops therapy based on different methods. At the same time, governments of all nations should closely cooperate with each other to come up with a precise plan to prevent terrorist attacks. It's notable that media should avoid exaggeration~~e~~ of events.

To sum up, although a feeling of insecurity is caused by various serious ~~various~~ factors, I personally endorse that paying attention more to medical treatments and improvement of community safety are the two most significant factor ~~indexes~~ to reduce this trend. Needless to say we should hone/enhance ~~empower~~ our abilities to overcome barriers.