



## Recognizing the Real Fear, by Erich Fromm

In the sphere of human relations, faith is an indispensable quality of any significant friendship or love. "Having faith" in another person means to be certain of the reliability and unchangeability of his fundamental attitudes, of the core of his personality, of his love. By this I do not mean that a person may not change his opinions, but that his basic motivations remain the same; that, for instance, his respect for life and human dignity is part of himself, not subject to change. [!]

To have faith requires courage, the ability to take a risk, the readiness even to accept pain and disappointment. Whoever insists on safety and security as primary conditions of life cannot have faith; whoever shuts himself off in a system of defense, where distance and possession are his means of security, makes himself a prisoner. To be loved, and to love, need courage, the courage to judge certain values as of ultimate concern "and to take the jump and to stake everything on these values. [!]

Is there anything to be practiced about faith and courage? Indeed, faith can be practiced at every moment. It takes faith to bring up a child; it takes faith to fall asleep; it takes faith to begin any work. [!]

The practice of faith and courage begins with the small details of daily life. The first step is to notice where and when one loses faith, to look through the rationalizations which are used to cover up this loss of faith, to recognize where one acts in a cowardly way, and again how one rationalizes it. To recognize how every betrayal of faith weakens one, and how increased weakness leads to new betrayal, and so on, in a vicious circle. Then one will also recognize that while one is consciously afraid of not being loved, the real, though usually unconscious fear is that of loving. To love means to commit oneself without guarantee, to give oneself completely. Love is an act of faith, and whoever is of little faith is also of little love. Å

- By Erich Fromm, From "The Art of Loving"