

Story

Is this fear so scary?

"Oh - it's Halloween today," stated a terrified Dilly, peeping from under the blanket on his doggie bed.

"Come on Dilly... it's just fun! There is nothing to be afraid of," Filly said calmly to the constantly fearful Dilly.

"Remember, fear has big eyes - what we regard as scary mostly is not. Our imagination often overemphasizes certain things."

"Overemphasizes? A huge dark room is scary because..." Dilly paused, trying to find an answer that suddenly became more complicated than he thought.



"Well, why?" asked Filly and, immediately added, "We are in fact afraid of things that we do not know or cannot see, but the interior of this room is exactly the same as it is on a sunny day! Just take a flashlight or switch on the light and the matter will be settled. But don't be hard on yourself, even adults are afraid of unknown things. This is a perfectly normal feeling and can easily be controlled."

"But how?" asked a curious Dilly.

"I, for example, calm myself down by scratching my favorite scratching post," Filly beamed slightly at the thought of the scratching post. "Sometimes, it's good to talk about fear with a loved one, or give yourself a little superhero courage!"

"Right! After all, I can say to myself, 'Dilly, you can do it!' and do it. With the help of my ever-helpful slipper-plushies!"

"Ha-ha, great idea! So, what now? Will we take a bag of sweets to sweeten up this dark night and go help other kids fight with their fears?"



"Oh yeah! But you know..." Dilly hesitated. "I'll take my Halloween lantern, just in case. You know... so that I can see the candies."



Filly laughed up her sleeve as they set off to fight that not-so-scary fear.