

The Symbols of Anxiety in Rumaan Alam's "Leave The World Behind"

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ABSTRAK

Penelitian ini membahas makna-makna dari simbol-simbol yang muncul pada novel "Leave The World Behind" karya Rumaan Alam. Pembahasan makna dari simbol ini menggunakan teori Kritik Baru. Penggunaan teori Kritik Baru ini didasarkan dari cara kerja teori Kritik Baru adalah pembacaan yang mendalam untuk pencarian makna, sehingga kita cukup berfokus pada unsur-unsur intrinsik yang ada di dalam sebuah karya sastra. Salah satu unsur intrinsik yang bisa ditemukan di dalam karya sastra adalah simbol. Simbol digunakan untuk mempermudah penyampaian hal-hal yang rumit kepada para pembaca. Penelitian ini menemukan ada dua simbol yang penting dari dalam cerita. Simbol itu adalah simbol rumah dan simbol binatang (rusa dan flamingo). Makna simbol dari rumah memperlihatkan sifat dari sang pemilik rumah yang tenang dan penuh persiapan. Sedangkan makna simbol dari binatang memperlihatkan mode atau lintas transportasi yang dihubungkan kepada cara pergerakan dari manusia. Simbol-simbol ini muncul untuk menjelaskan isu kekhawatiran yang ada di dalam diri manusia. Binatang adalah makna utuh dari kekhawatiran. Pemaknaan ini dilihat ketika rasa kekhawatiran datang kepada manusia, maka manusia cenderung pergi untuk menghindari dan melindungi diri. Rumah memberikan pemaknaan bahwa kita harus tenang dan harus memiliki persiapan yang cukup sehingga kita siap dan mampu menghadapi kekhawatiran yang datang.

Kata kunci: Kritik Baru, Simbol, Kekhawatiran, Sastra Kontemporer

ABSTRACT

This study examines the meanings of the symbols appearing in Rumaan Alam's novel "Leave The World Behind." The discussion of the meaning of these symbols utilizes the New Criticism theory. The use of this New Criticism theory is based on the New Criticism theory's working method, called Close Reading, to search for meaning, so we only focus on the intrinsic elements within a literary work. One intrinsic element that can be found in literary works is symbols. Symbols are used to simplify the communication of complex matters to readers. This study found two important symbols in the story: the house symbol and the animal symbol (deer and flamingo). The meaning of the house symbol shows the calm and prepared nature of the homeowner. Meanwhile, the meaning of the animal symbol shows the mode or route of transportation that is connected to the way humans move. These symbols appear to explain the issue of anxiety that exists within humans. Animals are the complete meaning of anxiety. This meaning is seen when feelings of anxiety come to humans, then humans tend to run away to avoid and protect themselves. The house provides the meaning that we must be calm and must have sufficient preparation so that we are ready and able to face the anxiety that comes.

Keywords: New Criticism, Symbols, Anxiety, Contemporary Literature

A. INTRODUCTION

In our daily lives, we have certainly experienced anxiety. This feeling can arise from various factors, and it can also occur to us at any time. This is actually normal because we are ordinary humans, we cannot choose what we will face at our life in any given time (Dinanti & Arti, 2025). Apart from real life, this anxiety is also often a theme in literary works. However, this theme is still rarely discussed or researched further. Therefore, this journal article was written so that we can see and gain a broader perspective on anxiety.

One novel that talks about anxiety is the novel entitled "Leave the World Behind" written by Rumaan Alam. "Leave the World Behind" can be considered a high-quality novel because this novel is a finalist for the National Book Award in 2020. In 2023, the novel was adapted into a film by Netflix. With this achievement, it's safe to say that Rumaan Alam's position as a writer is on the rise. Alam himself has successfully written four novels, and the novel "Leave The World" Behind has succeeded in raising his profile as a novelist who should be reckoned with in the circle of writers in modern contemporary literature.

This novel is about a family from Brooklyn the characters' names are Clay as the father, Amanda as the mother, Archie as the oldest, and Rose as the youngest. This family rents an exclusive vacation house outside the city, so they can celebrate their holiday. In the middle of the night, the owner of the vacation house and his daughter suddenly come into the house. The owner's name is G.H., and her daughter's name is Ruth. G.H. says there is a massive blackout in the city, so G.H. gets out of the city in order to find refuge at their vacation house. After G.H. and Ruth showed up, there was a lot of tension that happened in the story. However, this tension is not just any ordinary tension. This tension is what makes the novel stand out among other novels.

This tension isn't the cheap jump scares found in low-budget horror films. Rather, it's based on realistic imagery (Calvo, 2024), such as the depictions of tension we encounter in our daily lives, making it relatable to a wide range of people. An example of this tension is the image of parents searching for their missing child.

The quality of Rumaan Alam can also be seen in its ability to convey the irony of currently hotly debated issues, such as climate change (Caracciolo, 2022). For example, in the novel "Leave the World Behind," Alam shows that we are facing the uncertainty of nature, even though we live with readily accessible science. We are now facing the negative impacts of climate change, and we cannot avoid these impacts anymore. One example of this negative impact is the changing patterns or routes of animal migration (John Joshua & Prem Kumar, 2024).

So, what about the quality of Rumaan Alam's novels? As explained above, one of Alam's novels is "Leave The World Behind." The status of this novel as a finalist for the National Book Award in 2020 suggests that this novel is a high-quality piece of literary work. One characteristic of a high-quality novel is the use of symbols (Satria et al., 2022). When it is carefully placed throughout the story, symbols can reinforce the author's intended meaning. In "Leave The World Behind", there are several striking symbols. However, these symbols are not used merely for decoration. They serve as a strong foundation, ensuring that the story's themes and meanings are fully conveyed to the reader.

The examples of these symbols include houses, as well as animals such as deer, birds, and flamingos. These symbols are not simply images pasted on each page of the novel. Rather, they

are used to convey and reinforce the story's themes and meanings. Therefore, research is needed to explain these symbols more clearly and in greater depth so that readers of the novel can fully understand their role.

In order to see the significance of the symbols that appear in literary works, we can use New Criticism, because this theory only focuses on the intrinsic elements (Rene & Warren, 1956). One of the intrinsic elements of a literary work is symbol. By discussing the symbol, the researchers can see the meaning of the symbol. After finding the meaning of the symbols, the researchers can identify the significance of the symbols in the story.

In order to conduct this research, the researchers used several previous studies, so this research could identify the gap in previous studies. The first previous study was written by Asma Anwar and Saima Akhtar (2025) entitled “Colorism & Denigration: A Critical Race Analysis of Leave The World Behind By Rumaan Alam”. In this study, Anwar concludes that the characters in the novel have prior assumptions toward other characters based on their race. So, these assumptions have an impact when the characters interact with each other. Furthermore, Anwar also states some concerns, especially racial concerns, in the novel that will be seen in real-life social exchanges as well.

The second study was written by John Joshua and K. Prem Kumar (2024) entitled “Exploring Environmental Themes in Rumaan Alam’s Leave the World Behind: A Socio-Ecological Analysis”. In this study, Joshua and Kumar conclude that the solid theme from Leave the World Behind is the collapse of society due to the sudden change related to environmental issues.

The last study was written by Aqsa Tariq (2025) entitled “Ecocriticism In Modern Literature: Exploring Ecological Crisis In Rumaan Alam’s Leave The World Behind”. In this study, Tariq discusses another environmental theme, especially about the ecological crisis’s impacts. The ecological crisis’s impacts can be seen in this novel, such as the major shift in animals’ migration, the coming of a mysterious disease, and unexpected technological errors, such as blackouts and signal disconnection. Tariq also concludes, this ecological crisis was created by humans, so these ecological impacts shattered the peace and the stability in humans’ daily activities.

Based on the three previous studies above, it can be concluded that these studies mainly discuss social and environmental issues. These previous studies do not discuss the symbols. From the conclusion above, the researchers decided to discuss the symbols that appeared in the novel “Leave The World Behind”.

Based on the background above, the researchers created two research questions:

1. What are the symbols appear in Rumaan Alam’s “Leave The World Behind”?
2. What is the meaning of the symbols in Rumaan Alam’s “Leave The World Behind”?

B. LITERATURE REVIEW

In this part, the researchers provide an explanation about New Criticism and Symbolism, so the reader can understand clearly the route of this research.

New Criticism

This research uses the theory of New Criticism. As it is explained above, New Criticism's focus is in the intrinsic elements to look for the meaning of a literary work (Rene & Warren, 1956). This theory does not want to restrict itself to the extrinsic elements. But, this theory will create a distinct or constraint barrier by itself from any historical context and factual context. This theory also argues that a literary work must be regarded as its own identity (Tyson, 2006). That is why this theory focuses only on the intrinsic features of a literary work, such as structure, form, language, imagery, and symbols. So, by focusing on the internal feature itself, analyzing a literary work should not be influenced or interfered with by elements outside of itself.

As for the reader, we just need the intrinsic elements as a tool for better understanding when we read a literary work. Other intrinsic elements are theme, setting of place, setting of time, characterization, rhyme, images, and symbols (Umayana & Harjito, 2017).

These elements have given us enough information regarding about the story. So we don't need to look for other elements to understand the story, especially elements that come from outside the literary work. All outside elements will actually add confusion in our efforts to understand the story. There are even times when external information can cause the core meaning of a literary work to change drastically. This occurs because the external information is not information created from the story. For example, information about history or even data regarding the author's biography.

So, it can be said, it is already enough for us to analyze the literary work only by using the intrinsic elements. We no longer need to search for and use data from outside the story, because all the necessary data is available in the literary work.

Symbolism

As for the definition, it can be understood symbol is something that appears constantly in literary work (Eliot, 1999). When a symbol appears constantly, it means this symbol has a significant position of function in the story. Or, it can be argued that the author of a literary work wants to deliver something from the symbol.

A symbol can appear in various forms. Typically, these forms are not limited to objects. Symbol can also manifest in a character's character and actions (Friskaliana et al., 2020). By using symbols, writers can convey things indirectly or things that are difficult to explain directly. For example, a symbol is used to explain concepts, emotions, and specific themes in a literary work. The use of symbols creates a bridge for complex concepts to be conveyed with simpler analogies because readers are already familiar with or familiar with some of the symbols. The result will be positive for readers, as their reading experience will be comprehensive.

Symbol can also represent different interpretations or different meanings, since this symbol can be directed differently by the author of the literary work (Buchbinder, 1991). A symbol can be used to help the author to deliver the story, to solidify the theme of the story, or to explain the plot clearly. Symbol can also be used to make stories more interactive and engaging. This allows readers to explore and delve deeper into the meaning of the symbol appearing in literary

works. This way, readers won't get bored or feel like the novel isn't just about the story. Hence, by using symbols, the author can give more intensity to the story.

Some examples of symbols frequently used or appearing in literary works include light and darkness (Perrine, 1963). These symbols convey meanings of courage, guidance, evil, or even fear. This symbol can be seen in Dante's *Inferno*. Then there's the symbol of water, which represents the source of life, and the symbol of fire, which can signify enlightenment or even destruction. And the symbol of colors also conveys specific meanings.

C. METHOD

For collecting the data, the researchers employed the library research approach by reading more deeply into “Leave The World Behind” as the primary source and the object of this research. The researchers also seek and gather information from the secondary sources, which are books and journal articles related to New Criticism and Symbolism's topic.

For analyzing the data, the researchers read the novel and seek the symbol. After the symbols are found, the researchers discuss together to analyze these symbols. For the next step, these symbols are analyzed by using the theory of New Criticism.

For presenting the results of the analysis, the researchers applied the qualitative method. In short explanation, the qualitative method is the method focusing on non-numerical data such as words, sentences, images, or even behaviour (Bodga & Bilker, 2007). Therefore, this research used the qualitative method because the result of the analysis is in the form of a narrative, so it is aligned with the main focus of the qualitative method.

D. FINDINGS AND DISCUSSION

This chapter explains the findings and discussion of the symbolic elements that appear and are found in Rumaan Alam's “Leave The World Behind”

1. FINDINGS

The researchers found two symbols that appear constantly in “Leave The World Behind”. Those symbols are houses and animals. The researchers believed that these symbols have a significant role in the story. Hence, the researchers decided to focus on analyzing these two symbols in this part.

A. House

House, based on the definition in *A Dictionary of Symbols* (2022) It can be understood as the place to keep wisdom. However, a house can also be associated with the human body and thought. For example, the outside of the house can be seen as the outward appearance of a human's personality or a human's mask. The upper floor of the house corresponds to the head or the mind. And the basement can be seen as humans' unconscious or humans' instinct.

1. The Outside of The Vacation House

In “Leave The World Behind”, the researchers found two pieces of data that reflect the description of the outside of the vacation house. The first data can be seen in the passage below.

“The house was brick, painted white. There was something alluring about that red so transformed. The house looked old but new. It looked solid but light.” (Alam 13)

In this passage, the outside of the vacation house looks tidy and neat, even though it is based only on the color of the house. However, there's something important to note about this tidy and neat image. First, the house is painted white. However, Amanda is offended by the red accents that emerge from the stacked bricks. This could indicate that there's something hidden in the house, but the hidden object is not neatly arranged. All things that are neat can identify an attempt to hide something, such as keeping it secret.

As for the next data, it can be seen from Amanda's description of the porch of the house in the passage below.

“The house was obscured by a sculpted hedgerow, someone's pride, like a snowbank, like a wall. The front yard was bound by a picket fence, white, not a trace of irony in it. There was another fence, this one wood and wire, around the pool, which made the insurance more affordable.” (Alam 13).

In this passage, Amanda thinks the vacation house looks like an old house. However, Amanda felt as if the house was new. The house was also described as solid, yet light and fragile. This could be interpreted as something not quite right about the house, as if it were trying to make people uncomfortable, so they would avoid it.

By analyzing the outside part of the vacation house using the definition from *A Dictionary of Symbols*, the outside part of the vacation house is the depiction of G.H.'s personality (because the vacation house belongs to G.H.). The researchers argue that G.H. is a calm person. With his calm demeanor, he manages to make the outside of his house look tidy and neat. Even though he is busy with work, he still manages to keep his house neat and tidy.

However, there is also an indication that G.H. has a hidden personality. From the two passages above, this depiction may represent G.H.'s human mask. G.H. appears calm and prepared because he knows something and must conceal it. Therefore, he must appear calm so that what he is hiding is not discovered by others.

2. The Upper Floor of The Vacation House.

On the upper floor of the vacation house, there is the master bedroom occupied by Clay and Amanda. To reach this master bedroom, Clay and Amanda must pass through a long hallway, but the walls of this hallway are painted a comfortable black-and-white color combination (Alam 15). Then, there is also more explanation of the condition of this master bedroom; this explanation can be seen in the quote below.

Leaving aside tasteful, everything was thoughtful: a wooden box to hide the plastic bottle of laundry soap, a huge seashell cradling a cake of soap, still in its paper wrapper. The master bed was king-size, so massive it never would have rounded the stairwell to get into their

third-floor apartment. The en-suite bath was all white (tile, sink, towels, soap, a white dish of white seashells), that particular fantasy of purity to escape the reality of your own excrement (Alam 15).

In the passage above, we can see how tidy the master bedroom is. The colors chosen are well-thought-out. They are kept soft so that the general condition of the upper floor appears pleasing to the eye. This suggests that these colors are intended to make the people using the master bedroom feel at home and comfortable when they are in this room.

The condition of the upper floor can be interpreted as the state of mind of the homeowner, G.H. As previously explained, G.H. has a calm demeanor or calm personality. Therefore, G.H. also has a calm way of thinking. His calm mindset allowed him to prepare the master bedroom in such a way that nothing would disturb the comfortable atmosphere for those using it.

In addition to his calm state of mind, G.H.'s state of mind is also very tidy (in accordance with all the order in the master bedroom). However, this calm and tidy state of mind cannot be taken literally. This calm and tidy meaning should be seen as G.H.'s way of preparing for things beyond his expectations. Therefore, he must prepare and keep his mind tidy so that he is ready to face things that are beyond his expectations. But everything that was calm, comfortable, and tidy in the master bedroom suddenly changed. This change occurred when G.H. and Ruth arrived unexpectedly at the vacation house in the middle of the night. This can be seen in the passage

“She’d stalked into the master bedroom, wincing at the unmade bed, the spent washcloths on the bathroom floor, the scattered dirty laundry” (Alam 74).

Literally, this quote shows Amanda's change in state of mind. However, the passage can also be compared to G.H.'s state of mind as the homeowner. Previously, G.H.'s way of thinking was calm and orderly. However, when he suddenly came to the vacation house, this shows that his state of mind became chaotic. It was as if he was facing something he had been afraid of all this time, so he could no longer maintain his calm and orderly way of thinking.

3. The Basement of The Vacation House

When G.H. and Ruth suddenly arrive at the vacation house in the middle of the night, the situation becomes unstable. Amanda and Clay are disturbed because they have rented the vacation house. However, G.H. and Ruth suddenly appear, asking permission to stay at the vacation house, claiming there is a blackout in the city. So, they decide to go to the vacation house to escape. This situation makes G.H. and Ruth have to sleep in the basement room, because Amanda and Clay occupy the master bedroom on the upper floor. The condition of the basement room is not that bad. The condition can be seen in the passage,

“The carpet’s nap said that she vacuumed even the unused basement. There was a bedroom, with a sofa and a table and a wall-mounted television, the bed made up and expectant” (Alam 54).

From the passage, the basement room feels like it's been carefully prepared to be used in case of an unexpected event. It can be seen from some furniture prepared by G.H., such as a sofa, desk, and television. Even the bed is neatly prepared, as if G.H. had already prepared it for use. For example, if a large group of guests were to arrive at the vacation home, several guests could occupy the basement room.

“G. H. flicked on the lights, forgetting to pause in gratitude that they still worked. There was a big closet: a cache of Duracells, a flat of Volvic, some bags of Rancho Gordo beans, boxes of Clif Bars and Barilla fusilli stored in a heavy-duty plastic bin because there were mice in the country. Cans of tuna, a gasoline canister’s worth of olive oil, a case of a cheap Malbec that was not half bad, bed linens in those vacuum bags that sucked out all the air. The two of them could be comfortably housebound for a month, if not longer.” (Alam 54)

In this passage, it can be seen that there are many things stored by G.H., such as batteries, instant foods, and even some plastic that can be used to store waste from leftover food (if the leftover food is not stored in plastic, it can attract rats). In this passage as well, G.H. also mentions that all the items he stores can be stocked to last in this basement for a whole month.

If interpreted literally, all of these stored items are a form of preparation, G.H., if he receives a large number of guests. However, if this quote is interpreted symbolically, then the condition of this basement shows the state of G.H.'s unconscious and instinct. Therefore, in his human instinct, G.H. is preparing himself to face dangerous threats, and all of these preparations he stores in the basement. However, in his human unconscious, G.H. has a fear of things he does not know. Because of this fear, he tried to prepare everything as an effort to control himself so that he would not be controlled by this fear.

B. Animal

Animals, based on the definition in *A Dictionary of Symbols* (2022), are depicted within three main ideas: the animal as a passage for transport, the animal is also seen as an object of sacrifice, and the animal as the object that is inferior to human life. The most important thing about animal symbolism is that when the animal is depicted in larger numbers, the more basic the animal’s meaning. In “Leave The World Behind”, the researchers found three animals that appear constantly inside the story. Those animals are deer and flamingos.

1. Deer

In the novel "Leave The World Behind," deer are seen several times by the characters, Amanda and Rose. At first glance, the deer is seen by Amanda in the following passage below.

“Her attention had drifted. Beyond the pool, through the woods at the property’s perimeter, Amanda saw a deer, then adjusted her eyes and saw two more, smaller. Mother and children! Wasn’t that fitting. The animals were cautious, nosing through the brush in search of—what did deer eat? Her ignorance embarrassed her.” (Alam 27)

In this passage, it could be argued that the appearance of this deer has no significant meaning (because the deer that appears has only two tails). So, in this quote, the appearance of the mother

deer and her fawn is merely an ordinary occurrence. However, the appearance of this deer has significant meaning for the appearance of subsequent deer.

The next appearance of the deer was Rose's turn to see a deer. Rose saw this deer the morning after G.H. and Ruth arrived at the vacation house. Rose's experience of seeing this deer can be seen in the passage below.

“In the space beyond that, Rose saw a deer, with abbreviated velvet antlers and a cautious yet somehow also bored mien, considering her through dark, strangely human eyes. She wanted to say “A deer,” but there was no one there to hear her. She looked over her shoulder into the house and saw her parents talking.” (Alam 61)

However, after a while, Rose realized she hadn't just seen one deer. She realized there were more than one deer. This can be seen in the quote below.

“There were five deer, there were seven; every time Rose adjusted her eyes to try to understand what she was seeing, she was seeing something new. There were dozens of deer. Had she been up higher, she'd have understood that there were hundreds, more than a thousand, more than that, even. She wanted to run inside and tell her parents, but she also wanted to just stand there and see it.” (Alam 61)

Initially, Amanda only saw a pair of deer: a mother deer and her fawn. The next day, Rose saw hundreds of deer near the vacation house. Researchers argue that the appearance of these hundreds of deer demonstrates the significance of the meaning of animals as passage for transportation. These deer wanted to convey a message that Rose and her parents needed to leave the vacation house to avoid the threat of impending danger. Therefore, these deer appeared in large numbers, so they could put strong pressure on Rose to tell her family to leave the vacation house immediately. Unfortunately, Rose didn't have time to tell her parents, so they were trapped inside the vacation house.

2. Flamingo

Besides deer, another animal that appears in the novel "Leave The World Behind" is the flamingo. The appearance of the flamingo can be seen in the passage,

“The flamingo beat its wings more. They let their eyes adjust, and they could see another flamingo, no, two, no, three, no, four, no, five, no, six. Strutting on the lawn with their backward gait” (Alam 130).

The appearance of the Flamingo sparked a fierce debate between G.H. and Amanda, a debate that can be seen in the passage below.

“They're from a zoo. The electrical grid failed and couldn't keep them in captivity. “They weren't wearing bands or anything.” Amanda closed her eyes to return to the scene. “I looked. I looked for them.” George thought it hardly needed saying. “There are no wild

flamingos in New York.” “We all just saw it. What the fuck is actually happening?” (Alam 132)

Based on the two passages above, we can see that more than one flamingo appeared. The researchers also argue that the flamingo's appearance was intended to send a message to everyone at the vacation house to leave. The problem was that everyone inside the house didn't understand the message the animals were sending, so they remained. Ultimately, they had to deal with the conflicts that arose from the blackout that had been going on for days.

2. DISCUSSION

Based on the symbolic meaning of the house, we can see that G.H. is a calm and well-prepared person. However, all of G.H.'s calm and preparedness comes from his knowledge of a secret.

In the story, G.H. has a client who works as a contractor for the United States military's defense equipment. This client then informs G.H. of an imminent major threat to the United States. This threat is a cyberattack that could wreak havoc on the United States. This cyberattack is the reason for the blackout that happened in the city. After G.H. learns about this, he takes his daughter to flee the city and seek refuge at the vacation house.

Based on the discussion of the house symbolism above, it can be interpreted that G.H. suffers from anxiety. It can be seen from the outside that G.H. appears calm. However, because of his anxiety, he is also very well-prepared to face the threat of this cyberattack. Thus, his calm and well-prepared nature demonstrates his anxiety. The evidence of this anxiety can be clearly seen from all the preparations that have been described in the basement of the vacation house.

Meanwhile, animals demonstrate the full meaning of this anxiety. In the discussion above, animals are depicted as modes of transportation. When we talk about transportation, it means we need to move from one place to another.

In the story, the animals arrive as if telling everyone at the vacation house to leave. However, the symbolism of animals conveys the full meaning of anxiety. When anxiety arises, we can experience many things. But mostly, we may feel afraid and weak, leading us to tend to run or avoid, seeking protection.

However, based on the house symbolism discussed above, we must not run from this anxiety. Just as the meaning of the house reflects G.H.'s calm and prepared nature, we must keep our minds organized so we are ready to face the anxiety that comes. If we run from this anxiety, it will resemble the deer and flamingo in the story: it will pursue us as fast as the deer can run, or it will follow us wherever we go like the flamingo.

Therefore, we must be calm and prepared so that we are ready to face and resolve the anxiety when it arrives in front of us.

D. CONCLUSION

As for this conclusion, this research shows that the striking symbols in the novel "Leave The World Behind," namely the house and the animals, convey the meaning of anxiety. This meaning is not directly stated, but emerges after interpreting the meaning of the two symbols

mentioned above. The meaning of the house reflects the nature of the homeowner, G.H., who is calm and prepared. However, this calm and well-prepared manner arises because G.H. has anxiety; he knows a terrible secret, so he must prepare for it before it happens.

Meanwhile, the meaning of the animal is interpreted as a passage of transportation. This means that the animal directs the characters in the story to leave because of impending danger. However, the meaning of the animal is interpreted as the full meaning of anxiety itself. When anxiety comes, we are compelled to avoid it to protect ourselves from it. However, anxiety must be faced to be resolved.

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