

## **From Anxiety to Anxieties**

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### ***Abstract***

Heidegger talks about Dasein's anxiety (Angst) in *Being and Time* and points out that anxiety is different from fear (Furcht), because it doesn't refer any objects. When Dasein feels anxious, it is anxious about its not being anymore (its death), rather than at any particular beings. Besides, Heidegger argues that anxiety can motivate Dasein to be aware of and to decide its own being, not to be given to everyday beings, and then to change its mode of being from inauthenticity to authenticity. Since Heidegger's general analysis of anxiety is for an ontological purpose and only used methodologically to justify that Dasein can really grasp the whole structure of its being by means of anxiety, he is not interested in specifying different types of anxiety (Ängste) from the anthropological perspective. Nevertheless, Gadamer claims in his book *The Enigma of Health* that we can follow Heidegger's analysis of anxiety and try to explore how the anxiety about Being (Sein) does develop into an anxiety at a being (Seiendes), and even worse into an illness. According to Gadamer, illness results from the situation that the nature of our body and mind loses its balance. Hence, when anxiety makes Dasein lose balance, it may have an anxiety disorder and thus is regarded as ill. Because Gadamer doesn't systematically elaborate on how this will happen, this article intends to supplement it further with Irvin Yalom's theory of existential psychotherapy.

Keywords: anxiety, death, anxieties / anxiety disorder, Heidegger, Gadamer, Yalom, existential psychotherapy