

**Holding It Together**  
**#2: When You Are Feeling Anxious (Part 1)**

1. \_\_\_\_\_

4 major causes

#1: The \_\_\_\_\_  
**Genesis 2:18** *The LORD God said, "It is not good for the man to be alone..."*

#2: The threat of not being able to \_\_\_\_\_  
**Daniel 2:21** *He controls the course of world events; he removes kings and sets up other kings. He gives wisdom to the wise...*

#3: The interpretation of \_\_\_\_\_  
**Romans 3:23** *For everyone has sinned; we all fall short of God's glorious standard.*

Key: Watch out for \_\_\_\_\_ the negative  
**Exodus 16:3** *"If only the LORD had killed us back in Egypt," they moaned. "There we sat around pots filled with meat and ate all the bread we wanted. But now you have brought us into this wilderness to starve us all to death."*

#4: The \_\_\_\_\_ with other people that I feel

2. Practice short-term \_\_\_\_\_

• \_\_\_\_\_  
**1 Timothy 5:23** *Don't drink only water. You ought to drink a little wine for the sake of your stomach because you are sick so often.*

• \_\_\_\_\_  
• *Exercise, sleep, and eat right*

• Daily \_\_\_\_\_  
**Psalms 94:18-19** *When I said, 'My foot is slipping, your love, O LORD, supported me. When my anxiety was great within me, your consolation brought joy to my soul.*

**Signs you're controlling by Dr. Sharon Martin**

- You want to know what's going to happen, how it's going to happen, and when it's going to happen.
- You over-plan and get upset when things don't go according to plan.
- You obsess over details, even insignificant details.
- You think there's only one right way to do something.
- You're critical of others.
- You boss people around or micromanage.
- You have impossibly high standards.
- You want to make the plans and decisions so you can do things your way.
- You dislike change (unless, perhaps, you're initiating it).
- You don't like surprises.
- You feel anxious or angry when you don't know what's going to happen, things don't go according to plan, you can't complete a task the way you want, or others make "bad" choices.
- You have trouble trusting people.

**Resources:**

- Phone app: Mindshift
- Find an online counselor
- Start journaling about what is making you feel anxious
- Subscribe to [www.psychcentral.com](http://www.psychcentral.com)